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Drug test cleaner

Download Article Download Article It's very important that the results of a drug test are interpreted correctly. Fortunately, test results are actually very easy to read. To read urine test results on the spot, insert the testing card or strip into a urine sample and wait 5 minutes. Then, check the testing regions against the control region to identify any positive results. To confirm a positive result, mail the test into a lab for further analysis. If you receive a lab report from a drug test, all you have to do is find the positive or negative reading that corresponds to each drug. 1 Collect a urine sample to be tested. Find the specimen cup included with the kit. If you're testing someone else, ask them to fill the cup with urine to the line indicated on the side of the cup.[1] If there is no line that indicates how much urine needs to be in the cup, fill the cup about halfway. Check the temperature strip on the collection cup to confirm that the sample falls within 90-100 °F (32-38 °C). If the urine sample appears completely clear, it could be diluted with water. Ask the subject to provide another sample. 2 Insert the dip card or strip into the urine if the test uses one. Use the dipstick or card included in the kit to test the urine. Place the dip card into the urine up to the indicated line.[2] If the kit you have has a panel attached to the inside of the cup, you don't need to do anything except collect a sample. Make sure the panel is saturated with urine. Advertisement 3 Wait 5 minutes before you read the results. Once the dip card is in the urine in the collection cup, allow the testing chemicals to react with the urine to identify any drugs that may be present in the sample. Five minutes is enough time to allow the testing process to be completed. Don't wait more than 10 minutes after a sample is collected or the results could be inaccurate. Tip: Set a timer on your phone or a clock for 5 minutes so you know when the test is ready. 4 Find the control and test regions on the panel. The control region is designed to always react to a urine sample to show that the test is functional. In addition to 1 control region, there will also be a test region that is specific to the drug being tested. If you're using a multi-panel test, there will be multiple test regions that each correspond to a different drug.[3] Oftentimes, the control region is marked with a "C." If there's a single test region, it may be marked with a "T." Most employment drug tests in the US are a 5-panel test, meaning they test for the 5 drugs that are required by federal employment laws. For example, a panel could have a control region at the top and regions labeled "Marijuana" or "Cocaine." 5 Note that the test is positive if there is no line in the test region. The control region will always have a solid line appear. Check for a colored line next to the test regions. A colored line next to both the control region and the test region indicates that the test is negative for that drug. If there is a line in the control region but no line in the test region, then the result is a positive for that drug. The color of the lines may vary depending on the testing kit that you have. The intensity of the color line is irrelevant. A faint or fading line doesn't mean that the sample contains a small amount of the drug. 6 Mail a positive test to the lab for further testing. If the panel does indicate a positive result, the only way to be completely sure that it's accurate is to have further analysis in a lab. The packaging on the test includes a mailing address for you to send the panel to in order for the sample to be tested in a lab to confirm the presence of a particular drug. False positives do occur, so mail-in a test to be sure that a drug is present in the urine that you tested. Advertisement 1 Match the results with the subject's name and identification number. When you get your lab results, check to make sure that the results are for the person that was tested. Check the name and identification number listed on the results to be sure that they are correctly linked.[4] If the results are for the wrong person, contact the lab immediately to inform them of the error. Don't read results that are for a different person or you could violate someone's medical privacy. 2 Look for a positive or negative result for each drug. The report will include a list of substances with a positive or negative result next to them. Look through the list of substances and identify which tested positive. That means that the subject has taken that drug.[5] A 5-panel drug test will include test results for the 5 drugs that were tested. A 10-panel test will include a list of the 10 drugs tested and whether or not they were detected in the sample. Tip: The report may have a plus sign (+) to indicate positive and a negative sign (-) to indicate negative. 3 Read the interpretation if there is one. The lab report may include notes that explain the test results. If the sample tested positive for a specific drug, the notes may say in clear language that the sample contains traces of the drug.[6] The interpretation could also say that the sample was clear of any of the drugs that were tested. 4 Check for any notes or abnormal test results. If the lab detected something abnormal when they tested the sample, they'll mention it in the lab notes. They could indicate that they believe the sample was tampered with or that the results are inconclusive.[7] The lab report may draw attention to abnormal results with an asterisk (*). If you suspect that the results were tampered with or if the lab notes that the results are inconclusive, administer the test again to be sure that the person tested positive for a drug. Advertisement Ask a Question Advertisement Thanks for reading our article! If you'd like to learn more about healthcare, check out our in-depth interview with Ian Kroes, MD. Co-authored by: Family Medicine Physician This article was co-authored by Ian Kroes, MD. Dr. Ian Kroes is a board-certified Family Medicine Physician and the Founder of Peninsula Doctor, a concierge medical practice in Menlo Park, California. With over 20 years of professional experience, Dr. Kroes specializes in Primary Care, which encompasses care for the entire family. In addition, Dr. Kroes has a deep interest in longevity care that focuses on ways to optimize patients' health. This includes attention to nutrition, fitness, and preventative testing. Dr. Kroes received a B.S. in Applied Physical from UC Berkeley and has earned a medical degree from Stanford University. This article has been viewed 44,126 times. Co-authors: 5 Updated: February 24, 2025 Views: 44,126 Categories: Drug Testing Print Send fan mail to authors Thanks to all authors for creating a page that has been read 44,126 times. If you have a drug screening test coming up, you may be inclined to try get all of the detectable drugs out of your system as quickly as possible. However, the detoxification process isn't the same for all drugs, nor does it take the same amount of time. If you're trying to cleanse your body of drugs to pass a drug test, here's some advice to help you detox safely and effectively. Are you trying to get through the detoxification process? Drug detox can be safer and easier when you partner with caring professionals like the team at Zinnia Health at one of our detox rehab centers. Contact us today at (855) 430-9439 for help.Can I Cleanse My Body of Drugs in 24 Hours?No, there is no quick fix to get rid of all traces of drugs in either your blood, urine, hair or sweat within 1 day.While some drugs leave your system faster than others, there's no proven safe method to get all signs of drug use out of your system within 24 hours or less.THC detox kits and detox drinks tricks, like apple cider vinegar, that promise to cleanse your system quickly have very little evidence behind them.Before you fall for detox pills or other products, it's important to understand how drug tests work.Drug tests are not just looking to detect for the active substance itself. In addition to the substance, drug tests look for specific metabolites that form in the body as your system breaks down certain drugs. Through past research, it is well understood what types of drugs produce which types of metabolites and how long those metabolites stay in the system.For example, the metabolites of THC (marijuana) can be detected in urine weeks after the last use.So, the metabolites may remain long after a drug is gone from your body; these metabolites are what reveal past drug use.Drug tests may involve testing your blood, urine, saliva, or hair — all of which can detect different drugs with varying levels of accuracy.Some drugs won't show up in a hair test at all, while others could test positive for months after the last time you used the drug. If the person conducting the test is thorough, they may order various tests to cover all bases.Whether or not a drug you have been taking will show on a drug test depends on a few factors, including the type of test.For instance, THC can show up on a urine drug test up to 4 weeks after the last use, while it will show on a blood test for about two days.The most common type of drug test is a 10-panel drug test, which requires a urine sample. A 10-panel drug test will detect the following:it's worth noting that a 10-panel test, including extracts like THC oil, wax, and glass, will detect marijuana in all forms. Additional drugs may also be tested individually, like methaqualone and propoxyphene.If you're looking for a detox program to help you become drug-free, it's important to get a customized treatment plan from a team that's familiar with the challenges of substance use. Contact Zinnia Health today at (855) 430-9439 for more information. If you stop taking a drug, your body will go through a natural detox process where it will cleanse all traces of the drug, including the leftover metabolites, from your system.Here's a look at how long it will take for you to test drug-free after the last use:Cannabis will show for up to 72 hours on a urine test if you just used it once. Moderate users will generally show signs for 5-7 days, daily users will show signs for 10-15 days, and heavy users may show signs for 30 days or more.Cocaine use can be detected for up to 2-3 days for a urine, blood, or saliva test. A hair follicle may show past cocaine use for months or years. Heavy cocaine users may test positive for up to 2 weeks.Amphetamines can be detected on a blood test for about 4-6 hours, in the saliva for up to 48 hours, in the urine for up to 4 days, or in the hair for up to 90 days.Opioidslike codeine and fentanyl are processed much faster compared to opioids like methadone. For instance, fentanyl is detectable in the urine for about 48 hours, while methadone may show for up to two weeks. Codeine, hydrocodone, morphine, and oxycodone will show on a urine test for 2-4 days.Barbiturates come in short- and long-acting forms. Short-acting forms may show in a urine test for 24-72 hours, while long-acting barbiturates may show for seven days or more.Benzodiazepines also come in short- and long-acting forms. Short-acting benzos like Xanax can be detected in the urine for up to 5 days, while longer-acting benzos like Valium may be detected for up to 8 days. Chronic misuse of any benzo could be detectable for up to a month in the urine or six months in the hair.PCP will show on a urine test for up to 14 days, in a saliva test for up to 3 days, and on a hair test for up to 3 months.If you only took a drug once, you will likely have very low amounts in your system, and the detox process won't take long.However, taking a drug for weeks or months or in large doses will take much longer to detox.For opioids, the detox process and accompanying withdrawal symptoms can last for 14 days or more.Understanding the side effects and risks of detoxifying from whatever drugs you've been taking is important to prepare yourself for a safe and successful detox.While you might see the detox process as a means of getting the metabolites out of your system, detoxification can be very hard on the mind and body.Quitting a drug suddenly (cold turkey) can be dangerous, especially if you suffer from mental health conditions like PTSD, anxiety, or depression, all of which can be worsened by improperly managed drug withdrawal.Substance use disorders require detailed, customized treatment programs to properly address all of the risks and concerns, so you should consider finding a detox center to help you through the process. Some potential negative side effects of suddenly quitting a drug or trying to detox on your own include:Intense cravingsA higher risk of relapse and overdosePsychological symptoms like anxiety and irritabilityPhysical symptoms like muscle painPhysiological symptoms like insomnia.If you or your loved one is worried about passing a drug test, overcoming substance abuse is the only way to guarantee their long-term health and success.Using fake urine, taking detox drinks, or going to other lengths to try and hide signs of drug use simply won't work, and it can have serious consequences. Instead, partnering with a caring team of professionals can help you find the path to lasting recovery.If you're ready to take the next step, contact the caring team here at Zinnia Health by calling (855) 430-9439 any time, day or night. We look forward to speaking with you. 1 Drink lots of fluids before the test. Also called flushing, this method remains one of the easiest, cheapest, and most successful ways to get a false negative on a pee test. Pee tests do not measure the amount of drugs in urine; they measure the amount of metabolites in the urine. Drugs are ingested and then come out of the system as metabolites.[1] Drinking more water will help your body produce metabolites that aren't tainted by drugs. Urinalysis checks for 31 different metabolites caused by marijuana, 4 caused by cocaine, 3 caused by opiates, 1 caused by Phencyclidine, and 5 caused by amphetamines. Be careful not to over-hydrate. Although rare, it is possible to drink too much water and damage your internal organs, enough so to become fatal.[2] This is called water intoxication. 2 If you notice your pee becoming excessively watery — a clear tip-off for some analyses — try taking the vitamins B-2 or B-12. These can also be found in B-Complex multivitamins, and turn the color of your urine yellow. Take about 50 to 100 milligrams. Advertisement 3 Try taking diuretics, like Midol.[3] Diuretics help your body rid itself of water and sodium.[4] Coffee, diet pills, and certain prescription drugs are also diuretics, but they're not as effective as Midol at ridding your body of the water that contains those telling metabolites. It may sound weird to have Midol if you're a dude, but don't worry, you'll thank Midol after your drug test comes back negative. 4 Try peeing into the cup mid- or end-stream, not immediately. How you pee into the urinalysis cup matters. Try peeing a little bit into the toilet, and then direct your stream into the cup when you're nearing the end of your stream. Pee near the end of the stream is supposed to contain fewer metabolites than pee at the beginning. Try also to pee several times in the morning before taking the drug test. Your pee will contain more metabolites if you haven't already gone to the bathroom before you take the test. Be smart and chug some water first thing when you wake up the day of the test. 5 Try taking an aspirin a couple of hours before the test. One study suggested that taking 4 aspirin 4 to 6 hours before the screening can mess with the test, EMIT.[5] Don't worry, 4 aspirin in a single serving will leave you fine, albeit a little light-headed. 6 Don't waste your money on commercial products that disguise or clean urine. There's no evidence that these products work. On top of this, they're expensive, and many of the ingredients are simple diuretics, which you can purchase or make for far less cash. It's pretty safe also to assume that drug testing companies are trying just as fast to come up with ways to detect these substances as manufacturers are coming up with ways to invent them. If you can, stay away. Advertisement 7 Gather supplies. You'll need a full range of vitamins and healthy drinks to protect from hyperhydration.[6] This method takes at least a week, but it's healthier than overloading your system with water, which can flush out important vitamins, nutrients, and electrolytes. To do a healthy flush, you'll need to constantly replace what is being flushed out. Stock up on the following: Multi-vitamins Sports drinks Fresh fruits and veggies Tea (green detox tea) Other diuretics (cranberry or apple juice, coffee, etc.) 2 Drink plenty of fluids. Drink 20 to 40 ounces of sports drink per day to restore your electrolytes and keep you hydrated. Drink roughly 1 gallon (3.8 L) of water to flush your body of toxins. Drink the tea and other diuretics throughout the day as well. Do not drink more than 2 gallons (7.6 L) total of fluids per day. 3 Take the vitamins as directed. Replenish your body by taking a multivitamin either once or twice a day, as directed on the packaging. 4 Exercise every day. Build up as much of a sweat as possible, since sweating is a way to detox your body. The kidneys and the bladder can only filter so much in such a time. Sweating helps the body excrete waste through your pores, as well as your bladder. 5 Eat healthy food. Your body will need all the nutrients it can get. Eat plenty of fruits, vegetables, legumes, and lean proteins the week before your drug test. 6 Pay attention to your body. If you feel sick, you could be taking in too much water in too short a time. Your health is more important than passing the drug test, so don't overdo it. Advertisement 1 Drink cranberry juice or take cranberry supplements. Cranberry is a natural diuretic, meaning it will help your body flush itself of water and sodium, though not at the rate that Midol might. Although there is some doubt about cranberry's effectiveness for regular drug users, it really can't hurt if you use it responsibly and in combination with other methods. 2 Try experimenting with zinc. Many drug users report successfully passing an EMIT test after taking zinc sulfate. The zinc is reputed to bond to the metabolites and guide them into the fecal tract instead of the urinary tract. Take about 250 mg of zinc sulfate the night before your test. Avoid eating too many solids. Then, the morning of your test, take the same dose of zinc sulfates. Do not take any more than this if you choose to use zinc. Over-medicating with zinc can lead to harmful mineral deficiencies and should be avoided. 3 Be careful about niacin. Some people choose to use Niacin, or vitamin B3, in the hopes that it will help them pass their drug test. Niacin has not been proven effective at masking drugs in the urinalysis.[7] [8] Moreover, it's possible to experience very adverse side-effects with over-medication.[9] If you do choose to use Niacin to try to cover up drugs in your system, be careful. It's probably safer to try to use another product or method. 4 When all else fails, spike it. This is a last resort, but if you can't try any of the above methods, you can try to spike the urinalysis. Bleach, detergent, or blood is rumored to be capable of throwing off the results of the test in order to buy you more time. If you have long fingernails, try hiding a small amount of bleached laundry detergent crystals underneath them. Then, when it comes time to take the test, add the detergent crystals to the pee sample and be sure to mix well. This may buy you enough time to take the test again another time when you're more prepared. Advertisement Ask a Question Advertisement Thanks Helpful 67 Not Helpful 34 Thanks Helpful 39 Not Helpful 46 Thanks Helpful 35 Not Helpful 36 The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. Ask a friend with clean urine to provide a sample for you in a condom or container shortly before your test. Keep it tucked against your body to stay warm, then use a needle to puncture the condom and pour the clean urine into the collection cup. While commercial masking products often don't work, simple baking soda may help. Mix 1 tablespoon of baking soda per 50 lbs of body weight into water and drink about 2 hours before the test. This can cause diarrhea but may mask drug metabolites. Try taking zinc supplements — zinc is thought to help move drug metabolites out of the urinary tract. However, only take about 250 mg daily for 1-2 days before the test. Taking too much zinc can lead to dangerous mineral imbalances. Exercise vigorously in the days leading up to the test to sweat out toxins. Pair exercise with drinking extra fluids to flush your system. Pay attention to signs of dehydration and stop exercising if you feel unwell. Consider using an at-home drug test first to see if you will pass before going to the official test. That way, you can avoid over-diluting your sample if you test negative at home. Advertisement wikiHow is a "wiki," similar to Wikipedia, which means that many of our articles are co-written by multiple authors. To create this article, 63 people, some anonymous, worked to edit and improve it over time. This article has been viewed 5,513,179 times. Co-authors: 63 Updated: July 14, 2023 Views: 5,513,179 Categories: Drug Testing Print Send fan mail to authors Thanks to all authors for creating a page that has been read 5,513,179 times.