

We do tests for all kinds of things when it comes to our health—cholesterol, glucose, blood pressure. Testing for prescription drugs is no different, as it can inform your medical care and safety.

KNOWING is the best medicine



Quest
Diagnostics™

Drug monitoring leads to better health decisions

Why is my doctor asking to perform drug monitoring?

Drug monitoring can confirm that prescribed medication, especially controlled medication, is being taken as directed. Controlled medications are different from other types of prescription drugs. They come with risks of physical dependence, the potential for misuse, and harmful interactions with other medications.*

Examples of common controlled prescription drugs

Opioids:

Percocet®, Oxycontin®

Anti-anxiety meds:

Valium®, Xanax®

ADHD meds:

Adderall®

With the potential for misuse comes the need for increased caution to help ensure your safety. The Center for Disease Control (CDC) guideline for prescribing opioids recommends that clinicians use urine drug testing before starting opioid therapy and consider

urine drug testing at least annually to assess for prescribed medications as well as other controlled prescription drugs and illicit drugs.

What is the process?

Urine drug testing is an essential part of clinical drug testing. It is a patient-friendly, cost-effective way to monitor all kinds of health-related issues, including medications you are taking. The testing process is non-invasive, fast, and simple.

The testing may be performed once or several

*According to the Drug Enforcement Administration Schedule

Monitoring for prescription drugs helps provide critical information your doctor can use to improve your overall care. Below are answers to commonly asked questions.

times during the course of your treatment with prescription drugs. This makes it easier to detect issues before they become problems.

How does this help me?

Drug monitoring helps to promote the safe use of prescription medication and helps your doctor monitor your treatment.

What should I talk to my doctor about?

Make sure to tell your doctor about any and all medications you are taking, including those prescribed by other doctors and over the counter medications.

Where do I go for testing?

Your doctor may collect a urine sample at the doctor's office during your regular visit, or you can go to a Quest Diagnostics patient service center.

AN EXAMPLE: HOW TESTING CAN REVEAL RISKS

Amy thought she was doing well by taking her pain meds as directed by her doctor. She didn't know that the couple of glasses of wine she drank each day, plus the occasional Ativan from her husband's medicine cabinet, could interact with her opioid prescription.

A quick drug test revealed these potentially deadly side effects. Armed with this lifesaving information, Amy's doctor discussed the risks and helped her find alternatives.

This example is for illustrative purposes only and is not based on a specific person.



Good health starts with **KNOWING**

Every day, more than 5 million people trust Quest Diagnostics for the information they need to make better health decisions. It's just one of the reasons Quest is the leader in diagnostic testing.

- More than 2,200 Patient Service Centers nationwide
- Results sent directly to your computer or mobile device with MyQuest™
- Accepted by most health plans
- Paperless billing and online bill pay
- Payment assistance to those who qualify

After getting a doctor's order for your test, schedule your appointment online with Quest:

[QuestDiagnostics.com/appointments](https://www.questdiagnostics.com/appointments)

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