

TOP 5 CHEAT ATTEMPTS

BY KATHERINE MILLER



Worried about drug test cheating in your workplace?

Try randomizing the type of test to catch potential cheaters off guard or perform an observed collection when warranted. Here are five ways that people attempt to beat the test.

1 WATER, WATER, EVERYWHERE...

As soon as the employee/applicant is notified to take a test, they drink as much water as possible, attempting to dilute their urine sample. Often, large amounts of water will dilute the sample to the point that even though drug metabolites are present, they don't appear in large enough quantities to warrant a positive test result.

2 ADULTERANT

Most often used with urine tests, an adulterant is a product that one adds to the sample in an attempt to lower the sensitivity of a test or mask the presence of drugs. Often, donors go to local "head shops" to receive a recommendation for which adulterant to use but there are hundreds of herbal remedies on the market in drug stores, vitamin stores, and online that can be used as well.

3 SUBSTITUTION

If a donor has enough warning, they may attempt to pay another individual for a "clean" specimen or purchase clean urine online. The urine can be real human urine or synthetic. While some states are looking toward banning synthetic urine, and others have already banned it, it is still widely available. It is challenging to keep the specimen in the correct temperature range and many laboratory based tests include adulteration and specimen testing panels, however, it is still a very real concern.

4 "SPECIAL" MOUTHWASH

Although oral fluid drug tests are nearly impossible to adulterate, there still exist products, such as special mouthwashes, that claim to beat an oral fluid test. Simply go to the bathroom, rinse, and don't drink anything before the test! Easy, right? Although these products exist, reports of them actually working are few and far between, if at all.

5 DETOXIFYING SHAMPOOS

Detoxifying shampoos can only be used if a donor has knowledge of the test in advance and should be used for 3–10 days. Although detoxifying shampoos are meant to wash away or compromise drug metabolites that appear in hair, based on studies with the FDA, there are not currently any shampoos that are known to be effective.



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