Urine Drug Testing (UDT) Interpretative Algorithm for Monitoring Opioid Treatment*

Potential candidate for opioid therapy with baseline immunoassay UDT and completed Opioid Risk Tool (ORT)

Is baseline UDT negative for cocaine, amphetamines AND alcohol?

Order confirmatory UDT

Is result confirmed?

CONTINUE PRESCRIBING AND REPEAT UDT PER FREQUENCY SCHEDULE

Is UDT result expected?

CONTINUE PRESCRIBING AND REPEAT UDT PER FREQUENCY SCHEDULE

UNEXPECTED RESULT

Discuss unexpected result with patient

Obtain confirmatory UDT

-Consider changing prescription frequency (e.g. smaller days supply and quantity)
-Consider increase UDT frequency
-Consider more intense assessment, referral and monitoring
-Consider call-back UDTs
-Consider no COT

Is explanation credible AND acceptable?

HIGH OPIOID PRESCRIBING RISK

-Consider more intense assessment, referral and monitoring
-Consider call-back UDTs
-Strongly consider no COT

EVALUATE RISK OF DIVERSION

-Low dose (<30 MED)
-Low risk by risk assessment tools
-Clinical course
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-Maintain highest level vigilance
-Consider more intense assessment, referral and monitoring
-Consider call-back UDTs
-Consider COT for time-being

-High dose (>120 MED)
-High risk by risk assessment tools
-Clinical course

-Cessation of COT
-Referral for addiction specialist or drug treatment program

Annotations

A. UDT Protocol:
- Obtain specimen randomly
- Ask patient what should be expected
- Explain reason for testing and consequences of unexpected results

B. ORT: see Appendix A

C. UDT Frequency Schedule:
- Low risk: Periodic (e.g. up to 1/year)
- Medium risk: Regular (e.g. up to 2/year)
- High risk or opioid >120 mg MED/d: Frequent (e.g. up to 3-4/year)
- Aberrant: At time of visit

D. Confirmatory UDT with gas or liquid Chromatography/tandem mass Spectrometry (GC/MS or LC/MS/MS)

E. “Red Flag” UDT Result:
(+) alcohol
(+) amphetamine or methamphetamine
(+) cocaine or metabolites
(+) drug (benzodiazepines, opioids, etc) you did not prescribe or have knowledge of
(-) opioid(s) you prescribed

COT = chronic opioid therapy

*Adapted from WA State AMDG Opioid Treatment Guidelines 2010