

# Pros and Cons of Different Drug Testing Methods and Drug Test Kit Types

## Urine, Saliva, Sweat & Hair Drug Testing

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### Urine Drug Tests & Testing Kits:

**Pros:** Urine drug tests depend on a mature technology and they have an extensive scientific base. The results are accurate and reliable. The cost of urine drug testing kits are lower than other type drug test kits (Cup based drug test kits cost more than cassette and dip drug test kits). Results are almost instant and there is no need for a lab or technician to conduct the drug tests. These drug tests kits are easy to store and have long shelf life. Especially the drug test kits that come in packs with gloves and cups are very convenient to conduct. They detect up to 12 different drugs depending on your choice of test kit.

**Cons:** Depending on the person and the substance used, there is usually up to 3 day window of detection. Urine drug test kits are easier to adulterate than other drug test kits (Cup test kits are harder to manipulate and more dependable in that sense). There is a need of bathroom to conduct the tests. Urine drug tests have sometimes been viewed as invasive or embarrassing by some donors.

**Comments & Recommendations:** If you do somewhat frequent random drug testing (at home or workplace) these drug tests are great since they are affordable, accurate and easy to administer. For convenience we would recommend getting the premium full sets that come with the gloves and cups or even more convenient Cup Drug tests. If you are concerned about possible adulteration we would recommend you to get either separate adulteration tests or use cup based drug test kits that have add-on adulteration with our urine drug test kits.

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### Saliva (Oral) Drug Tests & Testing Kits:

**Pros:** Saliva (Oral) drug test kits are very donor friendly, non-invasive and easy to collect the specimen. There is no need for a bathroom to administer the tests. Samples can be collected easily in virtually any environment. These are great tests to detect the very recent drug use. Also these drug tests harder to adulterate than the urine drug tests since the sample can be obtained under direct supervision. Results can be read in minutes and there is no need for lab. Depending on the test you use up to 8 (5 or 6 at a time) different drugs could be detected. This method is the best method for determining current use and impairment.

**Cons:** The main disadvantage of saliva based drug test kits is their detection window. Depending on the variation of the rate of saliva production of the person or the type/density of the drug used in ranges from few hours to at most 2-3 days. Also smoked drugs might cause contamination of saliva and inconclusive results.

**Comments & Recommendations:** Saliva drug testing kits are very easy to administer and donor friendly. So they make great drug tests to be used as on the job random drug testing or reasonable suspicion drug testing. If you are suspicious from your teenager's drug use, these tests would be great to administer right after they come back home on a weekend night or in the following morning. For employee drug testing, if you want to determine current use or impairment, saliva drug tests are the best.

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## Hair Drug Tests & Testing Kits:

**Pros:** Hair Drug Testing kits have very long drug detection window. For most drugs it can detect drug use about 90 days or more. These are very donor friendly (in fact for some situations second collection is possible) drug testing kits that are easy to collect or store. Adulteration is a lot more difficult in hair drug testing than any other test method. You can detect about 6 different drugs with this method. The test is very dependable and accurate.

**Cons:** The main disadvantage of hair drug testing is the fact that you need a lab to run the test and generate the results. Because of this extra step it might take about few additional days to get results. Another disadvantage of the hair drug test is the fact that it might not detect very recent drug use. Hair drug test kits are usually the most expensive drug test kits due to the need for lab testing requirement.

**Comments & Recommendations:** If you have suspicion of drug use but cannot be sure of the timing then hair drug testing is the best drug testing method for you.

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## Spray (Sweat) Drug Tests & Testing Kits:

**Pros:** Spray (Sweat) drug test kits are non-invasive and donor friendly. It is very easy to collect the specimen and no bathroom is needed for taking specimen. The detection window is long and usually can detect drug use up to couple weeks. These drug tests are relatively tamper proof since they are hard to manipulate. The sweat drug test kits are accurate and easy to administer. There is no need for lab and you can get results in minutes.

**Cons:** The main disadvantage of spray or sweat based drug testing kits is the fact that they are open to environmental contamination. Also large variations of sweat production rate of possible donors make some results inconclusive. There are not a much a variety in these drug tests since they are not as popular as urine or saliva drug testing kits. Their prices tend to be a little higher per test conducted. One other main disadvantage is that the types of drug that can be detected are limited.

**Comments & Recommendations:** These drug tests are used by law enforcement agencies and they are great tests if you don't mind paying a little extra. Also please make sure that the drug you are most concerned can be detected by these tests.

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<http://www.testcountry.com/ProsandConsofDifferentDrugTestingMethods.html>