

## 10 PANEL DRUG TEST (NAILS)

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### **DESCRIPTION**

The **10 Panel Drug Test (Nails)** will identify the presence or absence of ten (10) different classes of commonly used or misused drugs and/or their metabolites.

Drugs and their metabolites are deposited in nails as they grow via the nail bed. On average, most drugs are detectable in fingernails beginning at 7-14 days after use and extending as far back as 3-6 months depending on the length of the nail clippings that are collected. A confirmed positive result is considered evidence of use or exposure in that time period. Note that toenails do not grow at the same rate as fingernails, therefore the detection window is less precise.

This test requires the clippings of all ten fingernails or all ten toenails. Fingernails and toenails should never be mixed in the same sample. The sample can be collected at the Any Lab Test Now store location of your choice. All nail samples are collected and sent to the laboratory using strict chain of custody procedures that protect the identity and integrity of the specimen.

As a laboratory-based test, this panel includes a routine screen for each listed drug class. Positive screen results are automatically sent for additional confirmatory testing by GC/MS or LC-MS/MS. Confirmatory tests will identify the specific substance(s) present in the sample and their amount(s). Screening and confirmatory tests are always conducted separately in order to prevent contamination and ensure accurate results.

This test is intended to identify use of the following:

- Amphetamines (including Ecstasy)
- Barbiturates
- Benzodiazepines
- Cocaine
- Marijuana
- Methadone
- Opiates (including Hydrocodone)
- Oxycodone
- Phencyclidine
- Propoxyphene

## **WHY DO I NEED THIS TEST?**

### **For Consumers:**

The **10 Panel Drug Test (Nails)** is recommended for consumers seeking a drug test for personal knowledge, legal, or employment purposes. It is also recommended for consumers who are concerned about suspected long-term abuse or misuse of any of the listed drugs by a friend or family member, including teenagers.

### **For Employers and Staffing Agencies:**

The **10 Panel Drug Test (Nails)** is recommended for all employers, especially those in safety-sensitive industries, who are looking for an expanded workplace drug testing panel. Review of all positive test results by a Medical Review Officer (MRO) is highly recommended. MRO services may incur an additional cost. Consult your local Any Lab Test Now store for pricing.

## **WHAT ARE THE ADVANTAGES OF NAIL DRUG TESTING?**

Nail drug testing is non-invasive, less subject to specimen tampering, and provides a wider window of detection compared to a standard urine drug test. It is also the best method for detecting patterns of chronic drug use that may be missed by a urine drug test if the timing of the test doesn't align with recent use.

## **WHAT DO I NEED TO DO TO PREPARE?**

We ask only that nails be clean and free polish and acrylic or silk overlays.

## **CAN MY RESULTS BE AFFECTED BY ENVIRONMENTAL CONTAMINATION?**

No. Nail samples are washed by the laboratory to remove external contaminants before testing.

## **IS IT SAFE TO TAKE THIS TEST IF I AM PREGNANT?**

Yes.

## **DO I NEED TO MAKE AN APPOINTMENT?**

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

## **HOW LONG WILL IT TAKE TO GET MY RESULTS?**

Most negative drug test results are available within 24-48 hours. Allow additional time for confirmation testing to be completed if necessary.

## **WHO HAS ACCESS TO MY RESULTS?**

Drug test results always belong strictly to the donor, except in the case of a minor child or an employer or court-ordered drug test. The donor may also provide written authorization for test results to be provided to one or more third parties, if necessary.

## **IS A DOCTOR'S ORDER REQUIRED?**

No. Drug testing does not require a doctor's order to be performed.

## **WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT MY RESULTS?**

Drug testing results should be discussed with your primary care physician.

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*