

## OPIOID MAINTENANCE TREATMENT AND URINE DRUG SCREENING

### Important information for people on opioid maintenance treatment (OMT) about urine drug screening

In checking your progress on OMT your prescribing doctor will consult you and together decide how you are going. Things to consider include:

- Your management of your day to day life
- Your general physical and mental health
- Whether you are dosing regularly

While on OMT you may be asked if you would like to do a urine drug screen. Urine drug screening is not mandatory and only happens after your prescribing doctor has talked about this with you. **The practice of routine urine drug screening ceased in late 2012.** If you have concerns and wish to decline a urine drug screen you may do so without it impacting on your treatment.

Urine drug screening is only one of a number of signs of how you are progressing in treatment. Your prescribing doctor should also consider the things in your life that you are managing well and should talk to you about how you are progressing against all the goals in your treatment plan.

Urine drug screening is most useful to your prescribing doctor or clinic when:

- You start treatment
- When your doctor would like to confirm what you tell them
- There are concerns about how you are progressing in the treatment program. For instance if your illicit drug use appears to still be impacting very negatively on you.

If you are having issues meeting all your goals talk to someone before it gets more difficult. You could ask your prescribing doctor, the clinic, your pharmacist or a community alcohol and drug agency for help and support.

If you already provide urine drug screens for other places, like Probation and Parole, or Care and Protection, the clinic can use these results; you just need to give your permission for this to happen.

For more information, please contact ACT Health - Alcohol and Drug Services on 6244 2591.

**Other information factsheets produced for people on opioid maintenance treatment include:**

- *Unsupervised (Take-Away) Doses of Methadone*
- *Methadone Treatment and ECG Screening*
- *Unsupervised (Take-Away) Doses of Suboxone.*

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