

Keeping Pain Therapy Safe

Living with chronic pain is difficult. Working with your physician to identify the safest and most effective treatment plan for your pain is key to overcoming the challenges associated with chronic pain.

If part of your treatment plan includes an opioid or other narcotic medication, your physician may order a Urine Drug Test (UDT) as part of that treatment plan.

What is Urine Drug Testing?

Urine Drug Testing provides critical information needed to evaluate the success of your chronic pain therapy. The test measures the presence and amount of prescribed and non-prescribed medication in your urine.

Why is urine drug testing performed?

Performing a Urine Drug Test helps your provider provide treatment for your pain while balancing the need for safety. Prescription medications are a common form of treatment for chronic pain. However, each person reacts differently to them. UDT enables your physician to identify individual risks related to your medications and avoid problems.

How often is drug testing performed?

Testing is frequently performed prior to starting a regimen of pain medication and randomly thereafter. Frequency of testing is determined by your physician.

Are test results confidential?

Urine drug tests are part of your patient record and are confidential and privacy protected.

What about paying for the testing?

If you have insurance, the laboratory will bill your insurer directly. You will then receive an *Explanation of Benefits* (EOB) which tells you what portion of testing was covered. The EOB is not a bill. If there is a balance due, you will receive a statement from the laboratory. The laboratory's Billing Department will work with patients on payment plans to meet their individual needs.



Prescription Safety Tips:

- **Never take a prescription pain medication unless it is prescribed for you.**
- **Follow your dosage plan as prescribed.**
- **Do not take medication with alcohol.**
- **Avoid using prescription pain medication to facilitate sleep.**
- **Never share your medication with others.**
- **Do not suddenly stop taking a prescribed medication.**
- **Lock up prescription pain medication to prevent access by others.**
- **Dispose of unused medication properly.**