

# Drug Testing Laboratory Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

SAMPLE

- 1. Which statement about observed urine collection is true?**
  - A. Observed collection may be required depending on protocol**
  - B. All urine collections must be observed**
  - C. Observed collection is never used**
  - D. Observed collection is used only for minors**
  
- 2. How does SAMHSA guidance influence federally regulated drug testing programs in the United States?**
  - A. It bans immunoassay screening.**
  - B. It imposes no standards.**
  - C. It defines recommended cutoffs, specimen handling, chain-of-custody procedures, QA/QC, and confirmation criteria; many programs adopt SAMHSA guidelines.**
  - D. It only covers equipment maintenance.**
  
- 3. Which attribute is ensured by method validation for a drug panel before deployment?**
  - A. To reduce cost of testing.**
  - B. To shorten the testing process.**
  - C. To ensure reliability, accuracy, precision, and regulatory compliance for the specific analyte set and matrices.**
  - D. To avoid instrument calibration.**
  
- 4. Explain how isotopically labeled internal standards help address matrix-effects in LC-MS/MS.**
  - A. They replace the analyte.**
  - B. They do not interact with the matrix.**
  - C. They only calibrate the instrument.**
  - D. They co-elute with analytes and experience same matrix effects, allowing accurate normalization of signal.**
  
- 5. Regarding urine specimen collection, when should handwashing be performed?**
  - A. After collection only**
  - B. Before collection only**
  - C. Before and after ONLY, not during**
  - D. During collection**

- 6. Which action is used to detect tampering, substitutions, adulteration, or dilution in specimen collection?**
- A. To confirm donor identity**
  - B. To measure creatinine only**
  - C. To test for temperature**
  - D. To detect tampering, substitutions, adulteration, or dilution**
- 7. What is the purpose of a chain-of-custody log in sample handling?**
- A. To document who handled the sample at each step and maintain integrity.**
  - B. To store the sample's temperature history.**
  - C. To track reagent lot numbers only.**
  - D. To certify the analyst's license.**
- 8. For tampered specimens, when should you list any prescription/medication taken in the past two weeks?**
- A. At the time of collection**
  - B. After receipt by the lab**
  - C. On the incident report**
  - D. For tampered spx, list prescription/medication taken in the past two weeks**
- 9. Which specimen's storage is described as a cool and dry place?**
- A. Scalp hair**
  - B. Urine**
  - C. Saliva**
  - D. Tissue**
- 10. Which of the following timeframes could be considered longer than 24 hours for releasing results?**
- A. 12 hours**
  - B. 1 day**
  - C. 3-5 working days**
  - D. 6 hours**

## Answers

SAMPLE

1. D
2. C
3. C
4. D
5. C
6. D
7. A
8. D
9. B
10. C

SAMPLE

## **Explanations**

SAMPLE

**1. Which statement about observed urine collection is true?**

- A. Observed collection may be required depending on protocol**
- B. All urine collections must be observed**
- C. Observed collection is never used**
- D. Observed collection is used only for minors**

Observed urine collection is a supervision step where a staff member directly watches the donor provide the sample to prevent tampering or substitution and to maintain specimen integrity. In many drug-testing programs, this heightened level of oversight is applied to minors, such as students in school-based testing, to protect the validity of results and the program's integrity. Adults may sometimes provide unobserved samples unless a specific protocol or concern triggers observation. So the statement that observed collection is used only for minors reflects how some programs implement this safeguard in practice.

**2. How does SAMHSA guidance influence federally regulated drug testing programs in the United States?**

- A. It bans immunoassay screening.**
- B. It imposes no standards.**
- C. It defines recommended cutoffs, specimen handling, chain-of-custody procedures, QA/QC, and confirmation criteria; many programs adopt SAMHSA guidelines.**
- D. It only covers equipment maintenance.**

SAMHSA guidance sets the standard framework that federally regulated drug testing programs in the U.S. use to design and evaluate their processes. It provides the recommended cutoffs for screening and confirmation, details for specimen collection and handling, chain-of-custody procedures, and QA/QC and confirmation criteria. Many programs adopt these guidelines as the baseline because they promote consistency, reliability, and defensibility of results across labs and program administrators. The guidance also informs the use of confirmatory testing methods (such as GC/MS or LC-MS/MS) after a positive screen and ties into the federal Mandatory Guidelines used by agencies like DOT and DOD. It isn't limited to equipment maintenance, and it doesn't ban immunoassay screening; instead, it shapes how screening results are verified and upheld.

**3. Which attribute is ensured by method validation for a drug panel before deployment?**

- A. To reduce cost of testing.
- B. To shorten the testing process.
- C. To ensure reliability, accuracy, precision, and regulatory compliance for the specific analyte set and matrices.**
- D. To avoid instrument calibration.

Validation proves that the testing method will give trustworthy results for the specific drug panel and the sample types you'll encounter. It establishes how well the method performs in terms of reliability (consistent results under the same conditions), accuracy (results close to the true value), and precision (reproducibility across runs or operators), and it shows compliance with regulatory requirements through documented evidence. This combination ensures that the method is fit for routine use and that decisions based on the results will be dependable and meet governing standards. While cost, speed, or avoiding calibration might be concerns in development, they are not the primary purpose of validation; proper calibration remains essential, and reducing cost or rushing the process is not what validation aims to achieve.

**4. Explain how isotopically labeled internal standards help address matrix-effects in LC-MS/MS.**

- A. They replace the analyte.
- B. They do not interact with the matrix.
- C. They only calibrate the instrument.
- D. They co-elute with analytes and experience same matrix effects, allowing accurate normalization of signal.**

Matrix effects in LC-MS/MS arise when co-eluting substances in the sample alter ionization, causing signal suppression or enhancement. Isotopically labeled internal standards address this by being chemically identical to the analyte except for the isotopic composition, so they behave the same during extraction, chromatography, and ionization. When added early, they co-elute with the analyte and experience the same matrix effects. By measuring the ratio of the analyte signal to the internal standard signal, these effects cancel out, yielding a more accurate and precise quantification that true concentrations reflect. They aren't there to replace the analyte or merely calibrate the instrument; their job is to normalize the measurement against the same matrix influences.

**5. Regarding urine specimen collection, when should handwashing be performed?**

- A. After collection only**
- B. Before collection only**
- C. Before and after ONLY, not during**
- D. During collection**

Hand hygiene is essential to prevent contaminating the urine specimen and to protect both the patient and the person collecting. Washing hands before collection minimizes the transfer of skin flora, dirt, or other contaminants onto the specimen during the procedure. Washing after collection removes any organisms that may have been picked up during collection and helps prevent spreading them to surfaces, the patient, or the collector. Doing it during collection would interrupt the process and can introduce contamination or disrupt the sample's integrity. Therefore, handwashing should occur before and after the collection, not during. If gloves are used, wash before putting on gloves and after removing them as part of standard precautions.

**6. Which action is used to detect tampering, substitutions, adulteration, or dilution in specimen collection?**

- A. To confirm donor identity**
- B. To measure creatinine only**
- C. To test for temperature**
- D. To detect tampering, substitutions, adulteration, or dilution**

Maintaining the integrity of the specimen is the core idea here. In drug testing, tampering, substitutions, adulteration, and dilution are ways a sample can be manipulated, which would compromise the validity of the results. The best action to address this is to actively detect those exact issues—tampering, substitutions, adulteration, or dilution—so you can verify the specimen truly represents the donor. While other checks like measuring creatinine or testing temperature are useful parts of an overall integrity program, they are means to support the broader goal of detecting any manipulation. The option that directly focuses on identifying tampering and dilution best fulfills that goal, ensuring the collected specimen remains trustworthy.

**7. What is the purpose of a chain-of-custody log in sample handling?**

- A. To document who handled the sample at each step and maintain integrity.**
- B. To store the sample's temperature history.**
- C. To track reagent lot numbers only.**
- D. To certify the analyst's license.**

Chain-of-custody logs are used to document every person who handles a sample and every transfer or change in custody at each step from collection through storage and analysis. This creates an auditable trail showing who had control of the sample, when, and under what conditions, which helps ensure the sample hasn't been altered, replaced, or contaminated. Maintaining this trace is essential for the integrity and defensibility of results, especially in legal or regulatory contexts. Temperature history or reagent lot numbers may be recorded elsewhere, but they do not fulfill the custody-tracking purpose. Certification of an analyst's license is a separate credentialing matter, not part of the custody log.

**8. For tampered specimens, when should you list any prescription/medication taken in the past two weeks?**

- A. At the time of collection**
- B. After receipt by the lab**
- C. On the incident report**
- D. For tampered spx, list prescription/medication taken in the past two weeks**

Tampering raises questions about how to interpret the test results, so documenting recent medications becomes essential. For tampered specimens, you should list any prescription or medications taken in the past two weeks on the tamper documentation. This helps the lab and the Medical Review Officer assess whether a prescribed drug or its metabolites could explain unusual findings or the tampering indicators, and it supports a defensible conclusion about the specimen's integrity. This specific instruction isn't about what was done at collection or after the specimen arrives; it's about capturing recent medication history when tampering is involved.

**9. Which specimen's storage is described as a cool and dry place?**

- A. Scalp hair
- B. Urine**
- C. Saliva
- D. Tissue

The main idea here is preserving the analytes in the specimen by slowing down processes that can change their levels. Urine is stored in a cool and dry place because cooling slows down bacterial growth and enzymatic activity that could alter drug metabolites or concentrations. This helps ensure the test results reflect what was present at collection, especially for drugs and their breakdown products. For other specimens, storage needs differ: scalp hair is generally stable and kept in a dry, room-temperature environment; saliva and tissue have their own preservation needs (saliva often requires cooling to protect certain analytes, while tissue usually needs freezing or chemical preservation).

**10. Which of the following timeframes could be considered longer than 24 hours for releasing results?**

- A. 12 hours
- B. 1 day
- C. 3-5 working days**
- D. 6 hours

Turnaround time is measured in hours or days, and twenty-four hours equals one calendar day. Among the options, three to five working days clearly can exceed a day. A working day is typically a business day, often about 8 hours, so three working days can be around 24 hours and four to five working days push into 32-40 hours or more. The other options—twelve hours and six hours—are well under a day, and one day is exactly 24 hours, not longer. So three to five working days is the timeframe that could be longer than 24 hours.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://drugtestinglab.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

SAMPLE