Policy Statement

In outpatient pain management or substance use disorder treatment, laboratory, in-office or point-of-care presumptive (e.g., immunoassay) drug testing may be considered medically necessary for either of the following conditions:

- Baseline screening before initiating treatment or at the time treatment is initiated (i.e., induction phase), when all of the following conditions are met:
  - An adequate clinical assessment of patient history and risk of substance use disorder is performed and documented
  - There is a documented plan in place regarding how to use test findings clinically
  - Drug testing is ordered by a clinician during an office visit (this policy does not apply to the inpatient or emergency department settings)

  **Note:** Urine or oral fluids (saliva) are the preferred sources for testing. The use of other matrices such as breath, blood or hair for testing may only be considered medically necessary when urine or saliva testing is not possible or reasonable (see Policy Guidelines section) as documented in the medical record.

- Stabilization, maintenance or monitoring phase when either of the following conditions are met:
  - Using an appropriate test, matrix and frequency of testing for the risk level of the individual and the substance(s) being used (see Policy Guidelines section)
  - Documentation in the medical record explains all of the following (see Policy Guidelines section):
    - Rationale for the specific test(s) ordered
    - Patient’s history of substance use
    - How drug testing results will guide medical decision-making

Definitive (i.e., confirmatory) drug testing, in outpatient pain management or substance use disorder treatment, may be considered medically necessary under either of the following circumstances:

- When immunoassays for the relevant drug(s) are indicated but not commercially available
- In specific situations for which definitive drug levels are required for clinical decision making, one or more of the following presumptive urine drug screen results must be present and documented when not expected by history and physical exam:
  - Positive for a prescription drug that is not prescribed to the patient
  - Negative for a prescription drug that is prescribed to the patient
  - Positive for an illicit drug

  **Note:** Confirmatory testing is considered not medically necessary when presumptive testing results were expected based on the patient history and physical exam.

  **Note:** Medical records should support the need for testing for the specific substance(s) of interest by documentation regarding the diagnosis, history and physical examination and/or behavior of the patient. Medical records should also justify the test that is being used and describe how results of testing will guide medical decision-making. If a definitive panel test (including several substances) is requested, the need for the use of a panel instead of more focused (individual) testing needs to be supported in the medical records.

Presumptive and definitive drug testing in outpatient pain management and/or outpatient substance use disorder treatment monitoring, are considered not medically necessary for all indications outside of the medical necessity criteria, including but not limited to the following:
• Routine screenings, including definitive panels, performed as part of a clinician’s protocol for treatment
• Standing orders resulting in testing that is not individualized or not used in the management of the patient’s specific medical condition
• Validity testing not included as part of drug testing, when used as a separate evaluation (see Policy Guidelines section)

Drug testing may be considered medically necessary in any of the following settings:
• Emergency rooms
• Ambulatory surgery
• Inpatient Services
• An abrupt change in mental status (i.e., to rule out substance intoxication or delirium)
• Drug or alcohol exposure during pregnancy
• To rule out a fetal withdrawal syndrome by testing the mother for drug use

Policy Guidelines

Notes:
• Patients who have unusually high numbers of tests ordered need medical review to confirm that the previous and current tests meet medical necessity.
• This policy does not apply to testing required by third parties such as, but not limited to any of the following:
  o Testing for a medico-legal purpose such as child custody
  o Testing for pre-employment or random testing for employment
  o Testing for athletics
• Validity testing includes pH, specific gravity, nitrates, chromates, and creatinine which are performed on the same specimen that is being drug tested. Validity testing is an internal process to affirm that the reported results are accurate and valid, and/or to confirm the sample is from the appropriate source (e.g., urine). Validity testing when done is included as part of the testing process and not as a separate evaluation/test (often billed as a urinalysis).

Pain Management
The risk level for an individual patient should include both a global assessment of risk factors and monitoring for the presence of aberrant behavior. Standardized risk-assessment tools are available, such as the 24 item Screener and Opioid Assessment for Patients with Pain-Revised (SOAPP®-R) (https://www.helpisherede.com/Content/Documents/SOAPP-Tool.pdf), or the 5-item Opioid Risk Tool (ORT) (http://www.drugabuse.gov/nidamed-medical-health-professionals).

Aberrant behavior is defined by one or more of the following:
• Multiple lost prescriptions
• Multiple requests for early refill
• Obtained opioids from multiple providers
• Unauthorized dose escalation
• Apparent intoxication during previous visits

Opinions vary on the optimal frequency of urine drug screening to monitor patients on opioid therapy for chronic pain. Screening frequency using a risk-based approach, as recommended by the Washington State interagency guideline (Washington State Agency Medical Directors' Group, 2015) is as follows:
• Low risk by ORT: Once a year
• Moderate risk by ORT: Twice a year
• High risk or opioid dose greater than 120 mg MED/d: 3 to 4 times a year
• Recent history of aberrant behavior: Each visit
Note that the ORT is a copyrighted instrument (http://www.opioidrisk.com/node/884). The Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain does not include specific screening frequencies but states that an individual patient’s risk for opioid misuse and addiction should be considered when deciding when to order a urine drug screen (http://nationalpaincentre.mcmaster.ca/opioid).

**Substance Use Disorder**

The 2017 consensus statement from the American Society of Addiction Medicine provides guidance on appropriate use of drug testing in substance use disorder.

Medical records should support the need for testing for the specific substance(s) of interest by documentation regarding the diagnosis, history and physical examination and/or behavior of the patient. Medical records should also justify the test that is being used and describe how results of testing will guide medical decision-making.

**Presumptive Testing**

**Selecting an Appropriate Test**

A medical and psychosocial assessment should guide the process of choosing a drug test that is individualized based on the patient’s needs, appropriate for the substance(s) targeted and the particular window of time of suspected use.

**Selecting an Appropriate Matrix**

Urine, exhaled breath (for alcohol) and oral fluid (saliva) can be used for point of care testing. Blood, sweat, and hair are matrices also used in drug testing, but require being sent to a lab for testing. Urine or saliva are the preferred matrices, but all matrices have advantages and disadvantages with respect to sensitivity and specificity over different time windows, time to obtain results, different susceptibility to sample tampering and ease of collection.

Matrices other than urine may also be appropriate when urine cannot be collected (e.g., patients on dialysis or with shy bladder) or when a sample collection technique is too invasive. Justification of matrix other than urine or saliva should be included in the medical record.

**Selecting an Appropriate Frequency of Testing**

Patients who have unusually high numbers of tests ordered need medical review to confirm that the tests meet medical necessity.

Appropriate frequency of testing depends on many factors:

- Tests’ detection capabilities and windows of detection
- Patient factors such as severity and chronicity of addiction
- Substance(s) used
- Phase of treatment
  - During the stabilization phase, drug testing may be scheduled more frequently. Testing is commonly done weekly for the first 4 weeks.
  - During the maintenance phase, drug testing may be scheduled less frequently. Testing is commonly done once every 1 to 3 months.

The rationale for unusually frequent testing should be supported in the medical record, and may need medical review to assess medical necessity.

**Presumptive Test Availability**

There may not be commercially available tests for certain synthetic or semisynthetic opioids.
## Drug Testing in Pain Management and Substance Use Disorder Treatment

### Drug Type

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Potential limitations in availability of or sensitivity of presumptive immunoassays for certain drugs in urine</th>
</tr>
</thead>
</table>
| Benzodiazepines       | - Clonazepam and lorazepam are detected with varying sensitivity by different assays  
                        | - Therapeutic doses of benzodiazepines are generally not detected                                        |
| Semisynthetic Opioids | - Oxycodone and oxymorphone (a metabolite of oxycodone) are detected in a few but not most standard opiate immunoassays depending on the antibodies used by the manufacturer.  
                        | - Hydrocodone and hydromorphone (a metabolite of hydrocodone) are also detected in most standard opiate immunoassays. |
| Synthetic opiates     | - Meperidine, methadone, buprenorphine, and fentanyl will not be detected in a standard opiate immunoassay and require their own definitive test for detection. |
| Natural opioids       | - Morphine and codeine (which is metabolized to morphine) are detected by standard immunoassays for opiates but presumptive testing does not distinguish specific drug present  
                        | - Heroin is unable to be specifically detected by presumptive tests due to rapid metabolism to 6-MAM and subsequently to morphine |

**Sources:** Based on information included in ASAM 2017 guideline and Washington State interagency guideline (Washington State Agency Medical Directors’ Group, 2015).

The following drugs are available for presumptive testing:
- Alcohol (ethanol)
- Ethyl Glucuronide (alcohol metabolite)
- Amphetamines
- Barbiturates (class IA)
- Benzodiazepines (class IA)
- Buprenorphine
- Cocaine
- Fentanyl
- Heroin
- 3,4-Methylenedioxymethamphetamine (MDMA)
- Methadone
- Methamphetamine
- Nicotine
- Opiates (class IA)
- Oxycodone
- Phencyclidine (PCP)
- Tetrahydrocannabinol (THC)
- Tramadol

### Guidance on DEFINITIVE (Confirmatory) Testing

Specific situations for definitive drug testing may include, but are not limited to the following:
- Need to detect a specific substance not adequately identified by presumptive methods (see Presumptive Test Availability, above) as documented in the medical record for each category to be tested
- Unexpected positive test inadequately explained by the patient (e.g., a positive result on a presumptive test is inconsistent with the history and physical exam)
- Unexpected negative test (suspected medication diversion)
- Need for quantitative levels to compare with established benchmarks for clinical decision making such as treatment transition or changes in medication therapies
Notes:
(1) Confirmatory testing is not appropriate for every specimen and should not be done routinely. This type of test should be performed in a setting of unexpected results and not on all specimens. The rationale for each confirmatory test must be supported by the ordering clinician’s documentation. The record must show that an inconsistent positive finding was noted on the presumptive testing or that there was not an available presumptive test to evaluate the presence of semi-synthetic or synthetic opioid in a patient.

(2) Validity testing includes pH, specific gravity, nitrates, chromates, and creatinine which are performed on the same specimen that is being drug tested. Validity testing is an internal process to affirm that the reported results are accurate and valid.

(3) Currently, urine is the most commonly used biological substance. Advantages of urine sampling are that it is readily available, and standardized techniques for detecting drugs in urine exist. Other biological specimens, e.g., blood, oral fluids, hair and sweat, can also be tested and may gain in popularity overtime as techniques for collecting and analyzing these specimens become more standardized.

Table PG1, on interpreting unexpected results of urine drug tests, is adapted from a table developed by the Canadian National Opioid Use Guideline Group that was cited by the American Society of Interventional Pain Physicians in its guideline on prescribing opioids for chronic non-cancer pain.

Table PG1. Interpreting Unexpected Urine Drug Tests Results

<table>
<thead>
<tr>
<th>Unexpected Result</th>
<th>Possible Explanations</th>
<th>Possible Actions for the Physician</th>
</tr>
</thead>
</table>
| Test is negative for prescribed opioid | • False-negative  
• Noncompliance  
• Diversion | • Conduct confirmatory testing, specifying the drug of interest (e.g., oxycodone often missed by immunoassay)  
• Take a detailed history of patient’s medication use for the preceding 7 days (e.g., could learn that patient ran out several days before test)  
• Ask patients if they’ve given the drug to others  
• Monitor compliance with pill counts |
| Test is positive for nonprescribed opioid or benzodiazepines | • False-positive  
• Patient acquired opioids from other sources (double-doctoring, “street”) | • Repeat urine drug testing regularly or confirmatory testing  
• Ask patients if they accessed opioids from other sources  
• Assess for opioid misuse/addiction  
• Review/revise treatment agreement |
| UDS positive for illicit drugs (e.g., cocaine, cannabis) | • False-positive  
• Patient is occasional user or addicted to the illicit drug  
• Cannabis is positive for patients taking certain medications (e.g., dronabinol) | • Repeat urine drug test regularly or confirmatory testing  
• Assess for abuse/addiction and refer for addiction treatment as appropriate |

UDS: urine drug screen.

Description

Patients in pain management programs and substance use disorder treatment may misuse prescribed opioids and/or may use nonprescribed drugs. Thus, these patients are often assessed before treatment and monitored while receiving treatment. Drug testing can be part of this
monitoring strategy; it is most often used as part of a multifaceted intervention that includes other components, such as patient contracts.

### Related Policies

- Biofeedback as a Treatment of Chronic Pain
- Intravenous Anesthetics for the Treatment of Chronic Pain

### Benefit Application

Benefit determinations should be based in all cases on the applicable contract language. To the extent there are any conflicts between these guidelines and the contract language, the contract language will control. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage of these services as it applies to an individual member.

Some state or federal mandates [e.g., Federal Employee Program (FEP)] prohibits plans from denying Food and Drug Administration (FDA)-approved technologies as investigational. In these instances, plans may have to consider the coverage eligibility of FDA-approved technologies on the basis of medical necessity alone.

### Regulatory Status

The Food and Drug Administration (FDA) regulates drugs of abuse tests that are sold to consumers or health care professionals in the United States. The FDA reviews many of these tests before they are sold for use. In its review, the FDA evaluates the design and performance of tests and sample collection systems to help ensure that they produce accurate results. The FDA does not review drugs of abuse tests intended for employment and insurance testing provided they include a statement in their labeling that the device is intended solely for use in employment and insurance testing. The FDA review does not include test systems intended for federal drug testing programs (e.g., programs run by the Substance Abuse and Mental Health Services Administration, the Department of Transportation, and the U.S. military.)

The FDA has cleared assays for urine testing of drugs of abuse as well as oral fluid specimen collection devices and assays for analysis of oral fluid for drugs of abuse through the 510(k) regulatory pathways. Several collection devices are commercially available in the United States, and they generally involve collection on an absorbent material, such as foam pads; pads are then placed in a container with a stabilizing buffer solution. Immunoassays of urine specimens have previously been cleared by the FDA and are used as the predicates for the oral fluid immunoassays.

Clinical laboratories may develop and validate tests in-house and market them as a laboratory service; laboratory-developed tests must meet the general regulatory standards of the Clinical Laboratory Improvement Amendments. Testing with GC/MS and some immunoassays are performed in laboratory settings. Laboratories that offer laboratory-developed tests must be licensed by the Clinical Laboratory Improvement Amendments for high-complexity testing.

### Rationale

#### Background

**Pain Management**

Chronic pain is a major clinical management problem and opioids may be prescribed for multiple nononcologic conditions. However, the dangers of prescription misuse, opioid use disorder, and overdose have been a growing problem throughout the United States.
A discussion of the controversies related to opioid therapy for the treatment of chronic non-cancer pain is beyond the scope of this review. For a review of evidence-based guidelines from national and international medical societies that examine the place of opioid-based interventions within the management of selected chronic noncancer pain indications, see the Blue Cross Blue Shield Association Special Report 'Opioids for Management of Chronic Noncancer Pain'.

Substance Use Disorder
Substance use, abuse, and addiction involving numerous prescription and illicit drugs is also a serious social and medical problem. Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry and is manifested by individual pathologic pursuit of reward and/or relief by substance use and other behaviors.

Monitoring Strategies
Various strategies are available to monitor pain management and substance use disorder treatment patients, and multicomponent interventions are often used. Many settings require patients to sign a contract before they are given a prescription for opioids. The contracts generally involve obtaining patients' agreement on behaviors they will engage in during the treatment period (e.g., taking medication as prescribed) and not engage in (e.g., selling prescribed medication and/or obtaining additional prescriptions from other physicians).

Confirming whether patients follow these behavioral guidelines can be a challenge. Risk-assessment screening instruments, such as the Screener and Opioid Assessment for Patients with Pain, and the Opioid Risk Tool, can aid in the assessment of a patients' risk of inappropriate drug use. In addition, the presence of "aberrant behaviors" can be used as a marker for patients who are at high-risk for deviating from treatment protocols. Aberrant behaviors include multiple lost prescriptions, obtaining prescriptions from other practitioners, and displaying evidence of acute intoxication during office visits.

Testing Matrices
Another strategy for monitoring patients is testing of biologic specimens for the presence or absence of drugs. Currently, urine is the most commonly used biologic substance or matrix. Advantages of urine drug testing (UDT) are that it is readily available and standardized techniques for detecting drugs in urine exist. Other biologic specimens (e.g., blood, oral fluids, hair, sweat) can also be tested. All matrices have advantages and disadvantages with respect to sensitivity and specificity over different time windows, time to obtain results, different susceptibility to sample tampering and ease of collection.

Urine Drug Testing
There are two primary categories of UDT: immunoassay or presumptive and specific drug identification or confirmatory.

Presumptive (Immunoassay) Testing
Immunoassay testing (also called presumptive testing or qualitative testing or screening) can be performed in a laboratory or at point-of-service. Immunoassay tests are based on the principle of competitive binding and use antibodies to detect a particular drug or drug metabolite in a urine sample. With competitive binding, a fixed amount of a labeled drug is added to the urine sample, and the drug or metabolite in the sample competes with the labeled drug for binding sites on the antibody. The amount of labeled antigen that binds with the antibody is inversely proportional to the amount of the drug or metabolite in the sample.

Immunoassay tests vary in the type of compounds they can detect. Some detect specific drugs and may fail to recognize similarly structured drugs within the same class. Other immunoassays identify only classes of drugs and thus results cannot be used to determine which drug a patient is taking. For example, a positive result to an opiate immunoassay can be due to morphine or
hydromorphone. The degree of cross-reactivity (i.e., an antibody’s reactivity with a compound other than the target of the test) varies widely among immunoassays.

Immunoassay findings are generally reported qualitatively as either positive (drug level above a prespecified threshold) or negative (drug level below a prespecified threshold). Raising or lowering the threshold thus changes the proportion of positive tests. A negative test is interpreted as a level below the threshold and does not necessarily mean that the drug or metabolite is absent.

Immunoassays generally have a rapid turnaround time, to within minutes for on-site tests, and 1 to 4 hours for laboratory-based tests.1

Confirmatory (Specific Drug Identification)
Confirmatory tests are always performed in a laboratory. Gas chromatography/mass spectrometry (GC/MS) and liquid-chromatography/mass spectrometry (LC/MS) are considered to be the criterion standard for confirmatory testing. These techniques involve using GC or LC to separate the analytes in a specimen and for MS to identify the specific molecular structures of the drug and its metabolites. The tests are able to quantify the amount of drug or metabolite present in the urine sample. Definitive quantitative tests can be used to confirm the presence of a specific drug identified by a screening test and can identify drugs that cannot be isolated by currently available immunoassays. Results are reported as the specific levels of substances detected in the urine. GC/MS and LC/MS generally require specification of the drug or drugs to be identified. Alternatively, “broad-spectrum screens” can be conducted. There is a several-day turnaround time for GC/MS and LC/MS testing.2

An issue with both types of UDT is the possibility of sample tampering to mask the presence of illegal drugs. A variety of products and techniques are available to patients and can be as simple as drinking a large amount of water to dilute the sample. There are also commercial dilution and cleaning products, additives, and urine substitutes. Some of these techniques can be detected by visual inspection of the sample (e.g., color) or by on-site testing of sample characteristics including urine temperature, creatinine concentration, and specific gravity.

The correct interpretation of UDT results is very important. Knowledge of drug metabolites is essential for accurate interpretation. Accurate interpretation of test results also requires knowledge of the drug manufacturing process. For example, due to manufacturing impurities, a small amount of hydrocodone may be present in urine samples from patients prescribed oxycodone. Thus, it would be acceptable to detect a small amount of hydrocodone if high amounts of oxycodone were also present.

There are various approaches to incorporating UDT into pain management and substance use disorder treatment settings. Most commonly, patients undergo urine drug screening before beginning treatment to verify current drug use. Some clinicians believe that UDT should be routinely used to establish baseline information about substance use, but the optimal frequency and interval of testing remains uncertain. A universal approach to screening may uncover more inappropriate use and may reduce patients’ sense that testing is being performed due to a lack of trust. However, routine universal screening may place an unnecessary burden on the healthcare system and on the doctor-patient relationship. An alternative approach is selective testing of patients who are judged to be at increased risk for drug misuse.

Existing protocols vary for the use of presumptive vs definitive tests. Some involve conducting routine confirmation of positive presumptive tests with definitive quantitative testing. Others use selective confirmation of positive presumptive tests, such as when an unexpected immunoassay result is not adequately explained by the patient. There is also a mixed approach, with routine confirmation of presumptive tests only for drugs with poor-performing immunoassays.
Full informed consent is a requirement before UDT. Patients should be informed of the specific drug testing protocol before treatment and should provide written agreement with the plan for monitoring.

**Oral Fluid Drug Testing**

Oral fluid can potentially be used to test for drug use. Oral fluid contains secretions from several different sources, including secretions from the 3 pairs of major salivary glands (parotid, sublingual, and submandibular), secretions from the minor salivary glands, oro-naso-pharyngeal secretions, and cellular debris. The mixture of fluids obtained varies depending on the collection method used (e.g., spitting, suctioning, draining, or collection on some type of absorbent material). Drug concentrations can be affected by the collection method and by the use of saliva stimulation methods. Several collection devices are commercially available in the United States and they generally involve collection on an absorbent material, such as foam pads; pads are then placed in a container with a stabilizing buffer solution. Drug concentrations may also depend on how the oral fluid is recovered from the collection device (e.g., by centrifugation or by applying pressure). Drug concentrations may not reflect blood levels because of residual amounts of drug (specifically those ingested or smoked) remaining in the oral cavity after recent use.

Analysis techniques must be able to detect drugs present in low concentration and in a small volume of fluid (often <1 mL). Immunoassay techniques are available to detect drugs in oral fluid; they require a small sample volume (≈25 μL). Immunoassays tend to be relatively sensitive techniques, but they have low specificity. Confirmation analysis is generally performed using MS-based methods. In recent years, advancements have been made in MS analysis techniques, including the development of multianalyte LC-MS methods.

A practical advantage of oral fluid collection compared with urine collection is that samples can be obtained under direct supervision and without loss of privacy. It has been used in situations where urine sampling is impractical, such as testing drivers during traffic stops. Oral fluid sampling also has the potential to be useful in the pain management or substance use disorder treatment settings, particularly when substitution or tampering with urine drug samples is suspected.

**Hair Testing**

Hair is composed of protein that traps chemicals in the blood at the time the hair develops in the follicle. Hair on the human head grows at approximately 0.5 inch per month. Thus, a 1.5-inch hair sample could be used to detect drug use during the previous 90 days. Potential advantages of hair as a drug testing source include: noninvasive collection; ease of collection, storage, and shipping; availability of samples for testing and retesting; and difficulty in tampering. Potential disadvantages include: recent drug use (i.e., within past 7 days) cannot be detected; difficulty in detecting very light drug use (e.g., a single episode); and drug levels can be affected by environmental exposure. In addition, variation in hair texture as well as cosmetic hair treatments can affect drug incorporation into hair and the accuracy of drug tests on hair samples. As with other types of samples, hair can be initially tested using immunoassay techniques, with confirmation by MS-based methods. Hair testing has been used in a variety of situations where detection of drug use during the previous several months is desired (e.g., pre-employment screening, post-drug-treatment verification of relapse).

**Literature Review**

Guidelines with evidence reviews of published peer-reviewed scientific literature suggest that evidence of benefit on health outcomes for drug testing for both patients in chronic pain using opioids and patients with substance use disorder is limited and usually confounded with drug testing as part of a multifaceted intervention of risk mitigation or contingency management. There is also no clear evidence in the literature regarding the most effective frequency of testing. [Ref: VA/DOD, ASAM].
Notwithstanding the lack of evidence, clinical input and guidelines indicate that drug testing is standard of care. Therefore, a rigorous study comparing drug testing to no drug testing and following patients for health outcomes is unlikely to be performed.

Thus a traditional evidence review will not be performed and relevant national and regional clinical practice guidelines were sought to inform the review. The guidelines are reviewed in the Supplementary Information section of the review.

**Supplemental Information**

**Clinical Input from Physician Specialty Societies and Academic Medical Centers**

While the various physician specialty societies and academic medical centers may collaborate with and make recommendations during this process, through the provision of appropriate reviewers, input received does not represent an endorsement or position statement by the physician specialty societies or academic medical centers, unless otherwise noted.

In response to requests from Blue Cross Blue Shield Association, input was received from 5 physician specialty societies and 8 academic medical centers in 2014. There was near-consensus among reviewers that, in outpatient pain management, presumptive (i.e., qualitative) urine drug testing may be considered medically necessary for patients who meet the stated criteria and that the frequency of repeat drug testing should depend on the risk level of the individual. There was also near-consensus among reviewers that, in substance abuse treatment, baseline presumptive drug testing may be considered medically necessary for patients who meet the stated criteria and that targeted weekly qualitative screening for a maximum of four weeks may be considered medically necessary during the stabilization phase. There was mixed input on the frequency of presumptive drug testing that may be considered medically necessary during the maintenance phase of substance abuse treatment. In addition, clinical input was mixed on confirmatory definitive (i.e., quantitative) drug testing and particularly on whether definitive drug testing should only be performed on a drug-specific basis.

**Practice Guidelines and Position Statements**

**Pain Management**

Nuckols et al (2014) published a systematic review of guidelines that addressed the management of opioid use for chronic pain. Reviewers included guidelines from national organizations and specialty societies, as well as guidelines from state agencies and specific health systems. Moreover, reviewers identified nine guidelines with recommendations on urine drug testing (UDT). Recommendations varied widely; two recommended mandatory testing for all patients, another recommended testing only patients at increased risk of medication use disorder, and two stated that testing patients at low risk of abuse is not cost-effective. If UDT is used, the recommended frequency of follow-up testing was at least quarterly in one guideline, at least yearly in another, and randomly in two.

**Centers for Disease Control and Prevention**

The Centers for Disease Control and Prevention (2016) published guidelines on opioids for chronic pain. The guidelines included the following recommendation on UDT: “When prescribing opioids for chronic pain, clinicians should use urine drug testing before starting opioid therapy and consider urine drug testing at least annually to assess for prescribed medications as well as other controlled prescription drugs and illicit drugs.”

**American Society of Interventional Pain Physicians**

The American Society of Interventional Pain Physicians (2017) issued guidelines for responsible, safe, and effective opioid prescribing for chronic non-cancer pain. The guidelines included the following recommendations on UDT (see Table 1).
Table 1. Recommendations on Urine Drug Testing for Chronic Non-Cancer Pain

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>LOE</th>
<th>SOE</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Comprehensive assessment and documentation is recommended before initiating opioid therapy, with documentation of comprehensive history, general medical condition, psychosocial history, psychiatric status, and substance use history.”</td>
<td>I</td>
<td>Strong</td>
</tr>
<tr>
<td>“Screening for opioid abuse is recommended, as it will potentially identify opioid abusers and reduce opioid abuse.”</td>
<td>II-III</td>
<td>Moderate</td>
</tr>
<tr>
<td>“Presumptive UDT is implemented at initiation of opioid therapy, along with subsequent use as adherence monitoring, using in-office point of service testing, followed by confirmation with chromatography/mass spectrometry for accuracy in select cases, to identify patients who are not compliant or abusing prescription drugs or illicit drugs. UDT may decrease prescription drugs abuse or illicit drug use when patients are in chronic pain management therapy.”</td>
<td>III</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

LOE: level of evidence; SOE: strength of evidence; UDT: urine drug testing.

American Pain Society and American Academy of Pain Medicine

American College of Occupational and Environmental Medicine
The latest guidelines from the American College of Occupational and Environmental Medicine (2014) on the use of opioids for the treatment of acute, subacute, chronic, and postoperative pain, were published. The following recommendations on UDT were made for subacute (1-3 months) and chronic pain (>3 months) (see Table 2).

Table 2. Recommendations on Opioid Use to Treat Acute, Subacute, Chronic, and Postoperative Pain

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>SOR</th>
<th>CIR</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Baseline and random urine drug screening, qualitative and quantitative, for patients prescribed opioids for the treatment of subacute or chronic pain to evaluate presence or absence of the drug, its metabolites and other substance(s) use. In certain situations, other screenings (e.g., hair particularly for information regarding remote use or blood) (for acute toxicity) may be appropriate.”</td>
<td>C</td>
<td>High</td>
</tr>
</tbody>
</table>

Recommendations rating schema: A: strongly recommended; B: moderately recommended; C: recommended.
CIR: confidence in recommendation; SOR: strength of recommendation.

Urine drug screening was not recommended for acute pain (up to 4 weeks) or for postoperative pain (up to 4 weeks).

As a companion to the guidelines, American College of Occupational and Environmental Medicine developed a combined Opioid Consent Form and Opioid Treatment Agreement. The form provides explanations of the potential benefits and harms to be expected from opioid treatment, and asks the patient to agree to numerous terms of opioid use, which include submitting to unscheduled urine, blood, saliva, or hair drug testing at the prescriber's request and seeing an addiction specialist if requested.

Screening was recommended for all patients at baseline, and then randomly at least twice and up to four times a year, and at termination. Screening should also be performed if the provider suspects abuse of prescribed medication.

Department of Veterans Affairs and Department of Defense
The Department of Veterans Affairs and Department of Defense (2017) issued clinical practice guidelines for managing opioid therapy for treatment of chronic pain. The recommendations on assessing adherence to prescribed opioids include obtaining a urine drug test (with patient consent) before initiating opioid therapy, and then randomly at follow-up to confirm appropriate use. The guidelines included the following specific recommendations on UDT:
RECOMMENDATIONS
1. Inform patients that drug testing is a routine procedure for all patients starting or on opioid therapy [OT], and is an important tool for monitoring the safety of their treatment.
2. With patient consent, obtain a UDT in all patients prior to initiation of OT.
3. With patient consent, monitor all patients on OT with periodic random UDTs to confirm adherence to the treatment plan. Increase the frequency of UDTs based on risk level for aberrant drug-related behaviors and following each dose increase.
4. Take into consideration a patient’s refusal to take a UDT as part of the ongoing assessment of the patient’s ability to adhere to the treatment plan and the level of risk for adverse outcomes.
5. When interpreting UDT results take into account other clinical information (e.g., past SUD [substance use disorder], other risk factors, aberrant drug-related behaviors, and other conditions indicating risk.)
6. Understanding of lab methods for drug testing and reporting are necessary to interpret UDT results (i.e., screen versus confirmatory test, substances tested, cut-off levels for tests). Maintain a close working relationship with the clinical laboratory to answer any questions about the UDT or for confirming the results.

Washington State Agency Medical Directors’ Group
The Washington State Agency Medical Directors’ Group (2015) updated its interagency guidelines on opioid dosing for chronic non-cancer pain. The guidelines included recommendations on UDT. Recommendations on testing frequency differed depending on the patient risk of opioid addiction and opioid dosage, as listed below:
- Low risk: Once per year
- Moderate risk: Twice per year
- High risk or opioid dose over 120 mg MED/d: 3-4 times per year
- Aberrant behavior: Each visit

No pain management guidelines were identified that had recommendations on oral fluid or hair testing.

Substance Use Disorder Treatment
American Society of Addiction Medicine
The American Society of Addiction Medicine (ASAM) has published several documents on drug testing: a public policy statement (2010), a white paper (2013), which provided background on the science and current practices of drug testing, and guidelines (2017) on the effective use of drug testing.

ASAM’s public policy statement asserts that: “Urine drug testing is a key diagnostic and therapeutic tool that is useful for patient care and in monitoring of the ongoing status of a person who has been treated for addiction. As such, it is a part of medical care, and should not face undue restrictions.” ASAM recommended drug testing where medically appropriate in clinical diagnostic settings and clinical treatment settings. The term “drug testing” in this document was a broad term that included urine or other body fluids or tissues.

The ASAM White Paper concluded that “The most important challenge in drug testing today is not the identification of every drug that we are technologically capable of detecting, but to do medically necessary and accurate testing for those drugs that are most likely to impact clinical outcomes.” The paper acknowledged that more specific guidance on drug testing was needed, which led to the development of the 2017 guidelines, described below.

The 2017 ASAM guidance on appropriate drug testing in clinical addiction medicine advises health care providers that before choosing the type of drug test, they should first identify the questions they are seeking to answer and be aware of benefits and limitations of the various
drug tests. Table 3 summarizes characteristics of urine, oral fluid, and hair drug tests that may inform the decision of what type of drug test to use.

### Table 3. Summary of Drug Testing Characteristics

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Urine</th>
<th>Oral Fluid</th>
<th>Hair</th>
</tr>
</thead>
<tbody>
<tr>
<td>General detection period</td>
<td>Hours to days</td>
<td>Minutes to hours</td>
<td>Weeks to months</td>
</tr>
<tr>
<td>Point-of-care testing</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Primarily detects</td>
<td>Drug metabolite</td>
<td>Parent drug compound</td>
<td>Parent drug compound</td>
</tr>
<tr>
<td>Best use in treatment setting</td>
<td>Intermediate-term detection in ongoing treatment</td>
<td>Short-term detection in ongoing treatment</td>
<td>Long-term monitoring, 3-month history</td>
</tr>
<tr>
<td>Ease of collection</td>
<td>Requires restroom</td>
<td>Easily collected</td>
<td>Easily collected</td>
</tr>
<tr>
<td>Resistance to tampering</td>
<td>Low</td>
<td>High, with some uncertainty</td>
<td>High when chemically untreated</td>
</tr>
<tr>
<td>Retesting same sample</td>
<td>Possible</td>
<td>Difficult</td>
<td>Easy</td>
</tr>
</tbody>
</table>

Adapted from Jarvis et al (2017).

**U.S. Preventive Services Task Force Recommendations**

Not applicable.

**Medicare National Coverage**

There is no national coverage determination. In the absence of a national coverage determination, coverage decisions are left to the discretion of local Medicare carriers.

### References

Drug Testing in Pain Management and Substance Use Disorder Treatment

Documentation for Clinical Review

Please provide the following documentation (if/when requested):

- History and physical, and/or consultation reports and progress notes including:
  - Reason for performing test
  - Patient history and risk of substance abuse
  - Signs/symptoms/test results related to reason for urine drug testing
  - How test result will impact clinical decision making
  - Physician order for urine drug testing
- Name and description of urine drug test
- Name of laboratory that is performing or has performed the test
- Any available evidence supporting the clinical validity/utility of the specific test
- CPT codes billed for the particular urine drug test

Post Service

- Procedure report(s)

Coding

This Policy relates only to the services or supplies described herein. Benefits may vary according to product design; therefore, contract language should be reviewed before applying the terms of the Policy. Inclusion or exclusion of codes does not constitute or imply member coverage or provider reimbursement.

MN/IE

The following services may be considered medically necessary in certain instances and investigational in others. Services may be considered medically necessary when policy criteria are met. Services may be considered investigational when the policy criteria are not met or when the code describes application of a product in the position statement that is investigational.


<table>
<thead>
<tr>
<th>Type</th>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0082U</td>
<td>Drug test(s), definitive, 90 or more drugs or substances, definitive chromatography with mass spectrometry, and presumptive, any number of drug classes, by instrument chemistry analyzer (utilizing immunoassay), urine, report of presence or absence of each drug, drug metabolite or substance with description and severity of significant interactions per date of service <em>(Code effective 1/1/2019)</em></td>
</tr>
<tr>
<td></td>
<td>0093U</td>
<td>Prescription drug monitoring, evaluation of 65 common drugs by LC-MS/MS, urine, each drug reported detected or not-detected <em>(Code effective 7/1/2019)</em></td>
</tr>
<tr>
<td></td>
<td>0116U</td>
<td>Prescription drug monitoring, enzyme immunoassay of 35 or more drugs confirmed with LC-MS/MS, oral fluid, algorithm results reported as a patient-compliance measurement with risk of drug to drug interactions for prescribed medications <em>(Code effective 10/1/2019)</em></td>
</tr>
<tr>
<td></td>
<td>0117U</td>
<td>Pain management, analysis of 11 endogenous analytes (methylmalonic acid, xanthurenic acid, homocysteine, pyroglutamic acid, vanilmandelate, 5-hydroxyindoleacetic acid, hydroxymethylglutarate, ethylmalonate, 3-hydroxypropyl mercapturic acid (3-HPMA), quinolinic acid, kynurenic acid), LC-MS/MS, urine, algorithm reported as a pain-index score with likelihood of atypical biochemical function associated with pain <em>(Code effective 10/1/2019)</em></td>
</tr>
<tr>
<td>CPT®</td>
<td>0143U</td>
<td>Drug assay, definitive, 120 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
</tr>
<tr>
<td></td>
<td>0144U</td>
<td>Drug assay, definitive, 160 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
</tr>
<tr>
<td></td>
<td>0145U</td>
<td>Drug assay, definitive, 65 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
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<tr>
<td></td>
<td>0146U</td>
<td>Drug assay, definitive, 80 or more drugs or metabolites, urine, by quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
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<tr>
<td></td>
<td>0147U</td>
<td>Drug assay, definitive, 85 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
</tr>
<tr>
<td></td>
<td>0148U</td>
<td>Drug assay, definitive, 100 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
</tr>
<tr>
<td></td>
<td>0149U</td>
<td>Drug assay, definitive, 60 or more drugs or metabolites, urine, quantitative liquid chromatography with tandem mass spectrometry (LC-MS/MS) using multiple reaction monitoring (MRM), with drug or metabolite description, comments including sample validation, per date of service <em>(Code effective 1/1/2020)</em></td>
</tr>
<tr>
<td>Type</td>
<td>Code</td>
<td>Description</td>
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<tr>
<td></td>
<td>80305</td>
<td>Drug test(s), presumptive, any number of drug classes, any number of devices or procedures; capable of being read by direct optical observation only (e.g., utilizing immunoassay [e.g., dipsticks, cups, cards, or cartridges]), includes sample validation when performed, per date of service</td>
</tr>
<tr>
<td></td>
<td>80306</td>
<td>Drug test(s), presumptive, any number of drug classes, any number of devices or procedures; read by instrument assisted direct optical observation (e.g., utilizing immunoassay [e.g., dipsticks, cups, cards, or cartridges]), includes sample validation when performed, per date of service</td>
</tr>
<tr>
<td></td>
<td>80307</td>
<td>Drug test(s), presumptive, any number of drug classes, any number of devices or procedures; by instrument chemistry analyzers (e.g., utilizing immunoassay [e.g., ELISA, EMIT, FPIA, IA, KIMS, RIA]), chromatography (e.g., GC, HPLC), and mass spectrometry either with or without chromatography, (e.g., DART, DESI, GC-MS, GC-MS/MS, LC-MS, LC-MS/MS, LDTD, MALDI, TOF) includes sample validation when performed, per date of service</td>
</tr>
<tr>
<td></td>
<td>G0480</td>
<td>Drug test(s), definitive, utilizing (1) drug identification methods able to identify individual drugs and distinguish between structural isomers (but not necessarily stereoisomers), including, but not limited to, GC/MS (any type, single or tandem) and LC/MS (any type, single or tandem and excluding immunoassays (e.g., IA, ELISA, EMIT, FPIA)) and enzymatic methods (e.g., alcohol dehydrogenase)), (2) stable isotope or other universally recognized internal standards in all samples (e.g., to control for matrix effects, interferences and variations in signal strength), and (3) method or drug-specific calibration and matrix-matched quality control material (e.g., to control for instrument variations and mass spectral drift); qualitative or quantitative, all sources, includes specimen validity testing, per day; 1-7 drug class(es), including metabolite(s) if performed</td>
</tr>
<tr>
<td></td>
<td>G0481</td>
<td>Drug test(s), definitive, utilizing (1) drug identification methods able to identify individual drugs and distinguish between structural isomers (but not necessarily stereoisomers), including, but not limited to, GC/MS (any type, single or tandem) and LC/MS (any type, single or tandem and excluding immunoassays (e.g., IA, ELISA, EMIT, FPIA)) and enzymatic methods (e.g., alcohol dehydrogenase)), (2) stable isotope or other universally recognized internal standards in all samples (e.g., to control for matrix effects, interferences and variations in signal strength), and (3) method or drug-specific calibration and matrix-matched quality control material (e.g., to control for instrument variations and mass spectral drift); qualitative or quantitative, all sources, includes specimen validity testing, per day; 8-14 drug class(es), including metabolite(s) if performed</td>
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<tr>
<td></td>
<td>G0482</td>
<td>Drug test(s), definitive, utilizing (1) drug identification methods able to identify individual drugs and distinguish between structural isomers (but not necessarily stereoisomers), including, but not limited to, GC/MS (any type, single or tandem) and LC/MS (any type, single or tandem and excluding immunoassays (e.g., IA, ELISA, EMIT, FPIA)) and enzymatic methods (e.g., alcohol dehydrogenase)), (2) stable isotope or other universally recognized internal standards in all samples (e.g., to control for matrix effects, interferences and variations in signal strength), and (3) method or drug-specific calibration and matrix-matched quality control material (e.g., to control for instrument variations and mass spectral drift); qualitative or quantitative, all sources, includes specimen validity testing, per day; 1-7 drug class(es), including metabolite(s) if performed</td>
</tr>
<tr>
<td>Type</td>
<td>Code</td>
<td>Description</td>
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<tr>
<td></td>
<td></td>
<td>for matrix effects, interferences and variations in signal strength), and (3) method or drug-specific calibration and matrix-matched quality control material (e.g., to control for instrument variations and mass spectral drift); qualitative or quantitative, all sources, includes specimen validity testing, per day; 15-21 drug class(es), including metabolite(s) if performed</td>
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<td>G0483</td>
<td>Drug test(s), definitive, utilizing (1) drug identification methods able to identify individual drugs and distinguish between structural isomers (but not necessarily stereoisomers), including, but not limited to, GC/MS (any type, single or tandem) and LC/MS (any type, single or tandem) and excluding immunoassays (e.g., IA, EIA, ELISA, EMIT, FPIA) and enzymatic methods (e.g., alcohol dehydrogenase)), (2) stable isotope or other universally recognized internal standards in all samples (e.g., to control for matrix effects, interferences and variations in signal strength), and (3) method or drug-specific calibration and matrix-matched quality control material (e.g., to control for instrument variations and mass spectral drift); qualitative or quantitative, all sources, includes specimen validity testing, per day; 22 or more drug class(es), including metabolite(s) if performed</td>
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</tr>
<tr>
<td>G0659</td>
<td>Drug test(s), definitive, utilizing drug identification methods able to identify individual drugs and distinguish between structural isomers (but not necessarily stereoisomers), including but not limited to, GC/MS (any type, single or tandem), and LC/MS (any type, single or tandem), excluding immunoassays (e.g., IA, EIA, ELISA, EMIT, FPIA) and enzymatic methods (e.g., alcohol dehydrogenase), performed without method or drug-specific calibration, without matrix-matched quality control material, or without use of stable isotope or other universally recognized internal standard(s) for each drug, drug metabolite or drug class per specimen; qualitative or quantitative, all sources, includes specimen validity testing, per day, any number of drug classes</td>
<td></td>
</tr>
</tbody>
</table>

### Policy History

This section provides a chronological history of the activities, updates and changes that have occurred with this Medical Policy.

<table>
<thead>
<tr>
<th>Effective Date</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/15/2015</td>
<td>BCBSA medical policy adoption</td>
</tr>
<tr>
<td>06/30/2015</td>
<td>Administrative Update (Policy statement clarification)</td>
</tr>
<tr>
<td>01/01/2016</td>
<td>Coding update</td>
</tr>
<tr>
<td>10/01/2016</td>
<td>Coding update</td>
</tr>
<tr>
<td>11/01/2016</td>
<td>Policy title change from Urine Drug Testing in Pain Management and Substance Abuse Treatment Policy revision without position change</td>
</tr>
<tr>
<td>02/01/2017</td>
<td>Policy revision without position change</td>
</tr>
<tr>
<td>02/01/2018</td>
<td>Coding update</td>
</tr>
<tr>
<td>03/01/2018</td>
<td>Policy revision without position change</td>
</tr>
<tr>
<td>02/01/2019</td>
<td>Coding update</td>
</tr>
<tr>
<td>06/01/2019</td>
<td>Coding update Administrative Update (Policy Guidelines clarification)</td>
</tr>
<tr>
<td>11/01/2019</td>
<td>Coding update</td>
</tr>
</tbody>
</table>
### Definitions of Decision Determinations

**Medically Necessary:** Services that are Medically Necessary include only those which have been established as safe and effective, are furnished under generally accepted professional standards to treat illness, injury or medical condition, and which, as determined by Blue Shield, are: (a) consistent with Blue Shield medical policy; (b) consistent with the symptoms or diagnosis; (c) not furnished primarily for the convenience of the patient, the attending Physician or other provider; (d) furnished at the most appropriate level which can be provided safely and effectively to the patient; and (e) not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of the Member's illness, injury, or disease.

**Investigational/Experimental:** A treatment, procedure, or drug is investigational when it has not been recognized as safe and effective for use in treating the particular condition in accordance with generally accepted professional medical standards. This includes services where approval by the federal or state governmental is required prior to use, but has not yet been granted.

**Split Evaluation:** Blue Shield of California/Blue Shield of California Life & Health Insurance Company (Blue Shield) policy review can result in a split evaluation, where a treatment, procedure, or drug will be considered to be investigational for certain indications or conditions, but will be deemed safe and effective for other indications or conditions, and therefore potentially medically necessary in those instances.

### Prior Authorization Requirements (as applicable to your plan)

Within five days before the actual date of service, the provider must confirm with Blue Shield that the member's health plan coverage is still in effect. Blue Shield reserves the right to revoke an authorization prior to services being rendered based on cancellation of the member's eligibility. Final determination of benefits will be made after review of the claim for limitations or exclusions.

Questions regarding the applicability of this policy should be directed to the Prior Authorization Department at (800) 541-6652, or the Transplant Case Management Department at (800) 637-2066 ext. 3507708 or visit the provider portal at www.blueshieldca.com/provider.

Disclaimer: This medical policy is a guide in evaluating the medical necessity of a particular service or treatment. Blue Shield of California may consider published peer-reviewed scientific literature, national guidelines, and local standards of practice in developing its medical policy. Federal and state law, as well as contract language, including definitions and specific contract provisions/exclusions, take precedence over medical policy and must be considered first in determining covered services. Member contracts may differ in their benefits. Blue Shield reserves the right to review and update policies as appropriate.