

**DRUG TEST INSTRUCTIONS**

**WHAT TO BUY:**

1. Have 2 (two) drug tests at home when you call Dr. Mitchell for a telemed visit. Do **NOT** open or use these tests until Dr. Mitchell tells you to. When he does, you have 24 hours to text your results (see below).
2. Be sure your tests are flat cards and not round cups (cups are hard to photograph), and that your cards include these four tests (it's okay if they have more than these four, but all of these four tests must be on each card):

|               |            |
|---------------|------------|
| buprenorphine | BUP        |
| morphine      | MOP or OPI |
| methadone     | MTD        |
| oxycodone     | OXY        |

3. There is a link to Amazon on Dr. Mitchell's website where you can buy these cards, or you can buy them at any other place you choose. You can use this search phrase to help find the tests:

urine drug test card with BUP

**HOW TO DO THE TEST (you have 24 hours to do this):**

1. Collect a sample of your urine in a clean container.
2. Remove the CAP (if it has one) and immerse up to the ABSORBENT END for 10 seconds.
3. Replace the CAP (if it has one) and place the test card on a FLAT surface.
4. Wait 5 minutes.
5. If your card has tests on one side, take 2 easy to read pictures of that one side (2 pictures total). If your card has tests on both sides, take 2 easy to read pictures of both sides (4 pictures total).
6. Text your name and all of your pictures within 24 hours to Dr. Mitchell at 786-262-5750.
7. Safely discard the test.

THESE TESTS ARE FOR EDUCATIONAL PURPOSES ONLY AND ARE  
NOT OFFICIAL DRUG TESTS FOR EMPLOYMENT OR COURT