

Poppy-seeds & Morphine / Opiates

Did you know.....if a person eats one poppy-seed muffin, one bread roll containing poppy-seeds or eats a slice of orange & poppy-seed cake they will return a Non-negative urine drug screen for Opiates if tested a few hours after consumption.

In 1987, the Journal of Analytical Toxicology (Vol 11, pages 131 – 132) published a study carried out by Zebelman et al titled, "Detection of Morphine and Codeine Following Consumption of Poppy Seeds".

The study involved 5 volunteers; 4 of them ate 2 commercially available poppy seed cookies, while the 5th volunteer ate 3 of them.

Urine samples were collected 2hrs after ingestion and the volunteers who ate 2 cookies gave Opiate readings (measured by laboratory GCMS) of 722 – 979 ng/mL. The volunteer who ate 3 cookies gave a reading of 1,481 ng/mL.

The USA (SAMSHA) cut-off is **2,000 ng/mL**. The Australian cut-off is **300 ng/mL**.

The **DrugCheck Onsite Urine Drug Screens** that have an "extra" OPI 2000 (ng/mL) test strip can help differentiate poppy-seed positives from Heroin / Codeine. Opiates derived from Heroin Codeine will nearly always result in a Non-negative result at 2000ng/mL.

In many cases this eliminates the need to carry out confirmation testing on samples from donors who have disclosed the consumption of foods containing poppy-seeds before they were tested.