

Overview

Useful For

Detecting drug use involving benzodiazepines such as alprazolam, chlordiazepoxide, clonazepam, diazepam, midazolam, oxazepam, temazepam, clobazam, flunitrazepam, flurazepam, lorazepam, prazepam, triazolam, and zolpidem

Method Name

Liquid Chromatography-Tandem Mass Spectrometry (LC-MS/MS)

NY State Available

Yes

Specimen

Specimen Type

Urine

Ordering Guidance

For situations where chain of custody is required, a Chain of Custody Kit (T282) is available. For chain-of-custody testing, order BNZX / Benzodiazepines Confirmation, Chain of Custody, Random, Urine.

Additional drug panels and specific requests are available. Call 800-533-1710 or 507-266-5700.

Additional Testing Requirements

If urine creatinine is required or adulteration of the sample is suspected, order ADULT / Adulterants Survey, Random, Urine.

Specimen Required

Supplies: Aliquot Tube, 5 mL (T465)

Collection Container/Tube: Plastic urine container

Submission Container/Tube: Plastic, 5-mL tube

Specimen Volume: 1 mL

Collection Instructions:

1. Collect a random urine specimen.
2. No preservative

Additional Information:

1. No specimen substitutions.
2. STAT requests are **not accepted** for this test.
3. Submitting less than 1 mL will compromise our ability to perform all necessary testing.

Forms

[If not ordering electronically, complete, print, and send a Therapeutics Test Request](#) (T831) with the specimen.

Specimen Minimum Volume

0.5 mL

Reject Due To

Gross hemolysis	Reject
Gross icterus	Reject

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
Urine	Refrigerated (preferred)	7 days	
	Frozen	14 days	

Clinical & Interpretive
Clinical Information

Benzodiazepines are any of a group of compounds having a common molecular structure and acting similarly as depressants of the central nervous system. As a class of drugs, benzodiazepines are among the drugs most commonly prescribed in the western hemisphere because of their efficacy, safety, low addiction potential, minimal side effects, and high public demand for sedative and anxiolytic agents.

Reference Values

Negative

Cutoff concentrations by liquid chromatography- tandem mass spectroscopy:

Alprazolam: 10 ng/mL

Alpha-hydroxyalprazolam: 10 ng/mL

Chlordiazepoxide: 10 ng/mL

Clonazepam: 10 ng/mL

7-Aminoclonazepam: 10 ng/mL

Diazepam: 10 ng/mL

Nordiazepam: 10 ng/mL

Midazolam: 10 ng/mL

Alpha-hydroxy midazolam: 10 ng/mL

Oxazepam: 10 ng/mL

Temazepam: 10 ng/mL

Clobazam: 10 ng/mL

N-Desmethyloclobazam by LC-MS/MS: 10 ng/mL

Flunitrazepam: 10 ng/mL

7-Aminoflunitrazepam: 10 ng/mL

Flurazepam: 10 ng/mL

2-Hydroxy ethyl flurazepam: 10 ng/mL
Lorazepam: 10 ng/mL
Prazepam: 10 ng/mL
Triazolam: 10 ng/mL
Alpha-hydroxy triazolam: 10 ng/mL
Zolpidem: 10 ng/mL
Zolpidem phenyl-4-carboxylic acid: 10 ng/mL

Interpretation

Benzodiazepines are extensively metabolized, and the parent compounds are not detected in urine. This test screens for (and confirms) the presence of:

- Alprazolam
- Alpha-hydroxyalprazolam (metabolite of alprazolam)
- Chlordiazepoxide
- Clonazepam
- 7-Aminoclonazepam (metabolite of clonazepam)
- Diazepam (separate prescribable drug and metabolite of medazepam)
- Nordiazepam (metabolite of clorazepate, halazepam, prazepam, diazepam and medazepam)
- Midazolam
- Alpha-hydroxy midazolam (metabolite of midazolam)
- Oxazepam (separate prescribable drug and metabolite of clorazepate, halazepam, prazepam, medazepam, temazepam, and diazepam)
- Temazepam (separate prescribable drug and metabolite of medazepam and diazepam)
- Clobazam
- N-Desmethyloclobazam (metabolite of clobazam)
- Flunitrazepam
- 7-Aminoflunitrazepam (metabolite of flunitrazepam)
- Flurazepam
- 2-Hydroxy ethyl flurazepam (metabolite of flurazepam)
- Lorazepam
- Prazepam
- Triazolam
- Alpha-hydroxy triazolam (metabolite of triazolam)
- Zolpidem
- Zolpidem phenyl-4-carboxylic acid (metabolite of zolpidem)

The clearance half-life of long-acting benzodiazepines is more than 24 hours. It takes 5 to 7 half-lives to clear 98% of a drug dose. Therefore, the presence of a long-acting benzodiazepine greater than the limit of quantification indicates exposure within a 5 to 20-day interval preceding specimen collection. Following a dose of diazepam, the drug and its metabolites appear in the urine within 30 minutes. Peak urine output is reached between 1 and 8 hours. See Mayo Clinic Laboratories [Drugs of Abuse Testing Guide](#) for additional information including metabolism, clearance (half-life), and approximate detection times.

Cautions

No significant cautionary statements

Clinical Reference

1. Gudin JA, Mogali S, Jones JD, Comer SD: Risks, management, and monitoring of combination of opioid, benzodiazepines, and/or alcohol use. *Postgrad Med.* 2013 Jul;125(4):115-130. doi: 10.3810/pgm.2013.07.2684
2. Manchikanti L, Abdi S, Atluri S, et al: American Society of Interventional Pain Physicians (ASIPP) guidelines for responsible opioid prescribing in chronic non-cancer pain: Part 2--guidance. *Pain Physician.* 2012 Jul;15(3 Supp):S67-116
3. Barkin RL: In: Baselt RC, ed. *Disposition of Toxic Drugs and Chemicals in Man.* 8th ed. Biomedical Publications; 2008
4. Langman LJ, Bechtel LK, Meier BM, Holstege C: Clinical toxicology. In: Rifai N, Horvath AR, Wittwer CT, eds. *Tietz Textbook of Clinical Chemistry and Molecular Diagnostics.* 6th ed. Elsevier; 2018:1328-1333

Performance**Method Description**

Benzodiazepines are extensively metabolized by the liver and subsequently exist in the urine primarily as conjugated esters (-glucuronides). The conjugated metabolites are cleaved during a mild hydrolysis utilizing the enzyme glucuronidase. Stable isotope forms of the compounds are added as internal standards to account for extraction losses. An aliquot of the hydrolyzed sample is diluted and the analytes are separated by liquid chromatography tandem mass spectroscopy (LC-MS/MS) and analyzed by multiple reaction monitoring.(Unpublished Mayo method)

PDF Report

No

Day(s) Performed

Tuesday through Friday, Sunday

Report Available

3 to 6 days

Specimen Retention Time

14 days

Performing Laboratory Location

Rochester

Fees & Codes**Fees**

- Authorized users can sign in to [Test Prices](#) for detailed fee information.
- Clients without access to Test Prices can contact [Customer Service](#) 24 hours a day, seven days a week.
- Prospective clients should contact their account representative. For assistance, contact [Customer Service](#).

Test Classification

This test was developed, and its performance characteristics determined by Mayo Clinic in a manner consistent with

CLIA requirements. This test has not been cleared or approved by the US Food and Drug Administration.

CPT Code Information

80347
80339
80368
G0480 (if appropriate)

LOINC® Information

Test ID	Test Order Name	Order LOINC® Value
BNZU	Benzodiazepines Confirmation, U	90890-5

Result ID	Test Result Name	Result LOINC® Value
608256	Alprazolam by LC-MS/MS	59615-5
608257	Alpha-Hydroxyalprazolam by LC-MS/MS	16348-5
608258	Chlordiazepoxide by LC-MS/MS	20522-9
608259	Clonazepam by LC-MS/MS	16229-7
608260	7-aminoclonazepam by LC-MS/MS	51776-3
608261	Diazepam by LC-MS/MS	16227-1
608262	Nordiazepam by LC-MS/MS	16228-9
608263	Midazolam by LC-MS/MS	16233-9
608264	Alpha-Hydroxy Midazolam by LC-MS/MS	59590-0
608265	Oxazepam by LC-MS/MS	16201-6
608266	Temazepam by LC-MS/MS	20559-1
608267	Clobazam by LC-MS/MS	59635-3
608268	N-Desmethyloclobazam by LC-MS/MS	97160-6
608269	Flunitrazepam by LC-MS/MS	20528-6
608270	7-aminoflunitrazepam by LC-MS/MS	51777-1
608271	Flurazepam by LC-MS/MS	16231-3
608272	2-Hydroxy Ethyl Flurazepam by LC-MS/MS	97159-8
608273	Lorazepam by LC-MS/MS	17088-6
608274	Prazepam by LC-MS/MS	17479-7
608275	Triazolam by LC-MS/MS	16232-1
608276	Alpha-Hydroxy Triazolam by LC-MS/MS	49876-6
608277	Zolpidem by LC-MS/MS	72770-1
608278	Zolpidem Phenyl-4-Carboxylic acid by LC-MS/MS	72768-5
608448	Benzodiazepines Interpretation	16195-0