

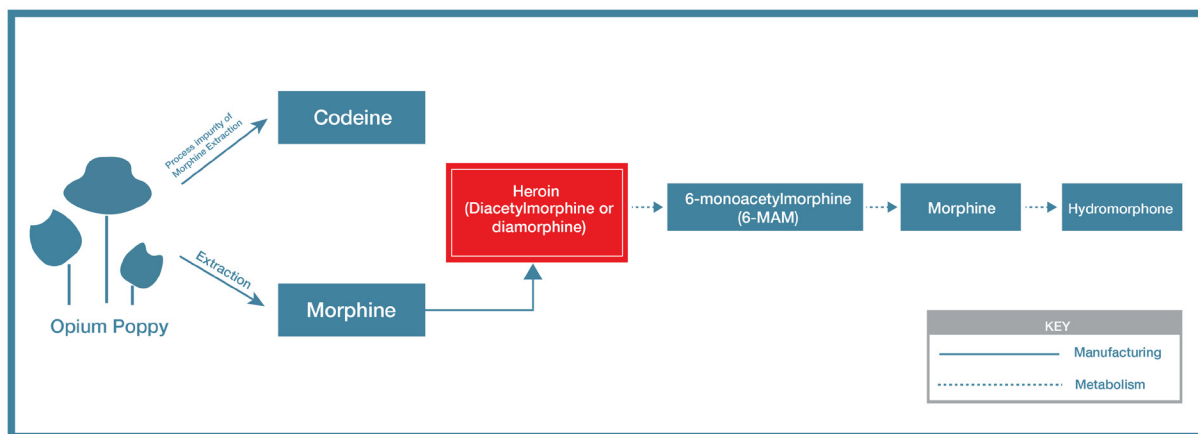
OPIOIDS AND POPPY SEED CONSUMPTION

The consumption of food products containing poppy seeds can result in a positive opiate urine drug test, which poses a challenge in distinguishing poppy seed ingestion from opiate administration.

Poppy seeds are harvested from the opium poppy plant (*Papaver somniferum*). Opiate alkaloids like morphine and codeine are extracted from its unripe seed pods. The alkaloid concentrations of the poppy seeds can vary due to the method of harvest, climate, soil composition, and preparation^{1,3}. While the seeds themselves do not contain significant amounts of alkaloids like morphine and codeine, they may still contain trace amounts. These traces can then be transferred to food products made with poppy seeds such as bagels, muffins, cakes, etc.

Although historical studies have found poppy seed ingestion leading to low-level morphine positives^{5,6}, recent publications have reported low-level codeine positives^{1,3,4}. These results were the outcome of the intentional ingestion of poppy seed-containing food products and same-day urine collections.

Since there are no established cutoff levels to differentiate between intentional and incidental exposure, and no definitive current test offering to distinguish between opiate use and dietary sources, it is generally recommended to refrain from consuming any foods with poppy seeds. This precaution helps avoid potential issues and minimizes unnecessary concerns or consequences.



A Precision Diagnostics trained Clinical Support Specialist can assist with further review of your patient's results

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References:

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Precision Diagnostics

4215 Sorrento Valley Blvd.
Suite 100
San Diego, CA 92121
(800) 635-6901
info@precisiondxlab.com
precisiondxlab.com

