# Assessment Report

| PATIENT DETAILS | | TEST DETAILS | |
|---|---|---|---|
| Name | **J. de Groot** | Test Date | **23-06-2026** |
| Gender | **Male** | Report date | **25-06-2026** |
| Age | **29 years** | Location | **Den Haag Centrum** |
| Date of birth | **30-11-1996** | Laboratory | **Star-SHL** |

## OVERALL ASSESSMENT

Five substances tested in a single urine sample. None of the five was detected above the applied cut-off.

The analysis was carried out by LC-MS/MS. That is a confirmatory method: where an immunoassay rapid test cross-reacts with everyday medication, LC-MS/MS identifies the substance itself. A result from this method is therefore usable where a rapid test is not.

## KEY FINDINGS

**None of the five substances detected** GOOD

THC-COOH, cocaine, amphetamines, opiates and benzodiazepines all fall below the method's cut-off.

**Material: urine · Method: LC-MS/MS** INFORMATIONAL

Liquid chromatography coupled to tandem mass spectrometry. This method identifies the substance itself rather than reacting to it, so cross-reactions with common medication do not arise.



Assessed by a BIG-registered doctor, under the medical supervision of Dr. Naimi (BIG: 49928676701)

### A result covers a window, not a moment

INFORMATIONAL

Urine testing shows use in the days before the sample was taken, not use at the moment of sampling. The window differs by substance and by pattern of use.

## DETAILED ANALYSIS

### Drug Screening

NORMAL

All five substances tested fall below the method's cut-off and are reported as not detected.

Indicative urine detection windows, strongly dependent on dose, frequency and individual metabolism:

THC-COOH — one to three days with occasional use, up to several weeks with daily use. Cocaine — two to four days. Amphetamines — two to four days. Opiates — one to three days. Benzodiazepines — several days for short-acting, up to several weeks for long-acting variants.

These windows are indicative. A not-detected result does not exclude use outside the window.

## RECOMMENDATIONS

1. **Keep the PDF as the document itself**

   The PDF report states the laboratory, the method, the sampling date and the substances tested. That is what an employer, occupational physician or authority generally wants to see. A screenshot of this overview is not.

2. **Declare any medication in advance**

   Some prescribed medication falls within the substance groups tested — codeine-containing painkillers under opiates, prescribed sleep and anxiety medication under benzodiazepines. That is not a fault in the test; it is the reason to declare it beforehand.

## NEXT STEPS

No follow-up testing is required. This report is the result.

If it is unclear how this result relates to prescribed medication, discuss it with the prescribing doctor. This report is a laboratory result and not medical advice.

# TEST RESULTS

## Results Overview

5 results tested

**All results within reference range**

All 5 tested values fall within the reference range.

### Within reference (5)

| | | |
|---|---|---|
| **Cannabinoids (THC)** | **Negative** | NORMAL |
| **Cocaine Metabolite** | **Negative** | NORMAL |
| **Amphetamines** | **Negative** | NORMAL |
| **Opiates** | **Negative** | NORMAL |
| **Benzodiazepines** | **Negative** | NORMAL |

SAMPLE REPORT — FICTIONAL VALUES FOR A PERSON WHO DOES NOT EXIST. NOT MEDICAL ADVICE.


DISCLAIMER

This report was prepared by a BIG-registered doctor. It does not replace a personal medical consultation. Always consult your general practitioner if you have questions.


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