

## **How long do drugs (*including alcohol*) stay in your system?**

*Well...it depends on you!*

The length of time any drug (illicit or prescribed) stays in your system will vary. In large part, it depends on your physiological makeup (e.g., your physical height, weight, your amount of body fat, your age, current state of health, whether or not you exercise mildly-aggressively-*or at all*). Whether or not you are undergoing any degree of stress (i.e., your "state of mind") at the time you ingest drugs can play a part as well.

Still other considerations include your "frequency" of use (1x per day? 3-5x per day?), the "quantity" of drug you used each time, and the "length of time" (days? weeks? months?) of your consistent drug-use prior to your drug test. Even the quality ("potency") of the drug you ingest determines "how long" the drug is detectable in your system when your urine is analyzed (tested) at the lab.

However, for most people, detectable levels (i.e., shows up as a "positive" in a laboratory drug test) of the following drugs stay in the body for these approximate periods of time.

**Alcohol** (Beer, Booze, Hooch, Liquor, Wine), 1 hour to perhaps 10 or 12 hours

**Amphetamines** (Biphphetamine, Black Beauties, Crosses, Dexedrine, Hearts), 1-2 days

**Anabolic steroids** (Stanzolol, Stanazolol, Nandrolene; Steroids, Roids, Juice), oral- up to 3 weeks; injected- up to 3-6 months and more

**Barbiturates** (Amytal, Nembutal, Seconal, Phenobarbital; Barbs), 2-3 days

**Benzodiazepines** (e.g., Ativan, Halcion, Librium, Rohypnol, Valium; Roofies, Tranks, Xanax), 2-3 days

**Cocaine** (Candy, Coke, Crack, Flake, Rocks, Snow, Whitecoat), (Candy, Coke, Crack, Flake, Rocks, Snow, Whitecoat), 1-2 days

**Codeine** (e.g., Fiorinal w/codeine, Robitussin A-C, Empirin w/codeine, Tylenol w/codeine), 1-2 days

**GHB** (G, Grievous Bodily Harm, Goob, Liquid Ecstasy, Liquid X), 1-2 days

**Heroin** (Horse, Smack), 1-2 days

**Ketamine** (K, Kit Kat, Special K, Vitamin K), 2-4 days

**LSD** (Acid, Blotter, Microdot, Yellow sunshine), a few hours or up to 5 days

**Marijuana** (Bud, Blunt, Grass, Herb, Pot, Reefer, Sinsemilla, Smoke, Weed), 2-5 days (the daily, heavy user can sometimes be detected up to 30+ days)

**MDMA** (Ecstasy), 1-5 days

**Methadone**, 1-7 days

**Methamphetamines** (Crank, Crystal, Desoxyn, Glass, Ice, Speed), 2-4 days

**Methaqualone** (Ludes, Quaaludes), 10-15 days

**Nicotine** (Cigarettes, Cigars, Habitrol patch, Nicorette gum, Nicotrol spray, Prostep patch; Smokeless tobacco, Snuff, Spit tobacco), 1-2 days

**Opiates** (i.e., Opium: China, Dreams, Laudanum, Paregoric; Dover's Powder), 1-2 days

**Oxycodone** (OxyContin, Percolone, Roxicodone), 1-2 days

**PCP** (Angel Dust, Boat, Hog, Love Boat), 1-8 days

For *chronic* drug users, drugs (other than alcohol) can be retained in the system much longer by the chronic-user after their last use. For instance, marijuana and PCP can be detected for up to 60-90 days after *lengthy, heavy-use* periods of use.