



# Home Health UK

## DATE RAPE DRUG TEST

### Introduction

In the past year, more than 1,000 women in Britain have reported being raped while drugged, yet due to the difficulty of proving a crime that the victim cannot even recall, there have been few successful prosecutions.

### Drugs strip single dip test

This test looks for the presence of the family of drugs benzodiazepine in human urine or a suspect drink. This test is fast, accurate and easy to do.

### Why do I need this test?

This test can warn you of a potential attack and allows you to take action before it's too late.

### What are benzodiazepines?

Benzodiazepines or 'benzos' are tranquillisers that produce a sedative effect, amnesia and muscle relaxation. Benzos are available on prescription for medical problems, such as psychiatric disorders, extreme back pain and insomnia. Rohypnol™ is the most common type of benzo that is associated with date rape.

Rohypnol usually comes in the form of a white tablet, scored on one side with the word 'ROCHE'. Scarcely Rohypnol is odourless and tasteless and can take effect after just 10 minutes of being swallowed.

### What are the effects of Rohypnol?

Rohypnol, especially when mixed with alcohol causes a strong high, making people appear extremely drunk when they may have only had one drink. The drug can also leave you with only a hazy memory of what happened.

### How accurate is this test?

This test is very accurate and the sensitivity levels meet the U.S.A. SAMHSA (Substance Abuse and Mental Health Services Administration) standards and recommended levels. There is however a possibility of false results due to the interference of other substances.

### What should I do if I believe my drink has been spiked?

If you start to feel odd, slightly drunk and sick after only a few drinks and you know you couldn't possibly be drunk, then there is a chance that your drink has been spiked. If you are with friends, tell them that you think your drink may have been spiked and get them to immediately leave the place you are in with you and take you to a place of safety. Once safely home ensure someone stays with you until the possible effects of the drug have worn off. However, be sure the person you leave with is someone you totally trust, many victims have been raped by people they know. If you are alone you should tell the landlord or manager and ensure they take you to a place of safety, whilst they phone a friend or a member of your family to get you home safely. NEVER let a stranger offer to help or take you home, they could be the potential rapist!

### What should I do if I think I have been 'date raped'?

As Rohypnol can take away your memory you may not recall the night's events so if you wake up in a strange place, you are at home but your underwear is scattered around, you have a sore genital area or there is physical evidence on your body, then you may have been a victim of rape. If you believe you have been a victim of 'date rape' it is very important that you report the incident to the police as soon as possible and insist that they take a blood and urine sample. Rohypnol can only be traced in your blood for 24 hours after ingestion and up to 48 hours in your urine. When reporting the incident, make sure that you are accompanied by a friend or even better a solicitor. If you have been raped it is also advisable to visit your doctor or local gum clinic for tests to ensure that you have not been given a sexually transmitted disease.

### Pack contents

- Foil pouch containing drug strip
- Instructions

### When should I do the test?

This test can be done at any time. However, if you are testing a suspected drink or urine you should take the test as soon as you become suspicious.

### How long will it take before I can read the result?

The results can be read in 5 minutes.

### Precautions

1. This test is for external use only.
2. Do not use this test beyond the expiry date on the foil pouch.
3. Use a new device for each urine test to avoid false results.
4. Do not use this test if the foil pouch has been opened.



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### How long will it take before I can read the result?

The results can be read in 5 minutes.

### Precautions

1. This test is for external use only.
2. Do not use this test beyond the expiry date on the foil pouch.
3. Use a new device for each urine test to avoid false results.
4. Do not use this test if the foil pouch has been opened.



Due to the sensitive nature of this drugs test, you must be careful when carrying out the test to avoid contamination and thus inaccurate test results. Please read these instructions carefully before beginning the test.

#### Test procedure

This test can be carried out on a suspected tampered drink or on a urine sample if you believe you may have consumed a drink that could have been spiked. You can test beer, wine, alcopops, mixers and soft drinks but not pure (straight) spirits.

#### Testing a drink

1. Remove the strip from foil pouch (do not break the seal on the foil pouch until you are ready to begin the test).
2. Carefully dip the testing strip into the drink, with the arrows pointing down, ensuring that the drink does NOT go above the MAX line (located just above the wavy lines). Allow the test to absorb the drink for about 10-15 seconds.
3. After 15 seconds, remove the test from the drink, lay the test strip on a clean flat surface while the test lines develop.
4. You can read negative results as soon as they appear but positive results must be read at least 5 minutes after removing from the drink. All results should be read within 10 minutes, otherwise a false reading may occur.

#### Testing a urine sample

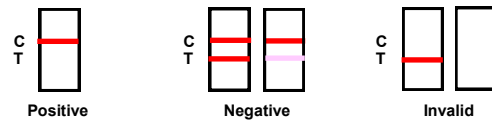
1. Remove the test strip from the foil pouch (do not break the seal of the foil pouch until you are ready to begin the test).
2. Using a plastic cup, obtain a urine sample from the individual who is being tested.
3. Carefully dip the testing strip into the urine sample, with the arrows pointing down, ensuring that the urine does NOT go above the MAX line (located just above the blue lines). Allow the test to absorb the urine for about 10-15 seconds.
4. After 15 seconds, remove the test from the urine, lay the test strip on a clean flat surface while the test lines develop.
5. You can read negative results as soon as they appear but positive results must be read at least 5 minutes after removing from the urine. All results should be read within 10 minutes, otherwise a false reading may occur.

#### Results

To read the results of your test you will need to do the following. When looking at the test strip you will see a pink/red coloured line just below the test handle. This is the Control Line (C). The next line that may or may not appear below the control is called the Test Line (T).

A second pink coloured line, no matter how faint should now appear in the test band (T), this is a **negative** result, no benzos have been detected in the sample. If no further line appears in the test band (T) this is a **positive** result, a benzo has been detected in the sample.

Remember a negative sample will produce 2 lines, and a positive sample will produce only one line in the control band (C).



#### What should I do with the results?

If you obtain a **negative** result then there were no benzos detected in your body at this time. However, there is a possibility that your drink still may have been spiked with another drug. If you believe your drink still may have been spiked leave the remainder and follow the tips on the opposite page - "What should I do if I believe my drink has been spiked".

If you obtain a **positive** result then benzos have been detected in the sample. Read the tips on the opposite page - "What should I do if I believe my drink has been spiked".

#### What can I do to avoid it happening to me?

- Plan your night and always avoid going home alone.
- Nominate a friend as a drinks watcher, ideally the one who is driving.
- Don't accept drinks (not even soft drinks) from anyone you don't know or anyone you don't trust.
- If you believe your drink tastes different don't risk it, leave it and buy another.
- If you feel drunk quicker than usual tell a friend to keep an eye on you.
- If a friend appears drunker than usual after just 1-2 drinks, keep a close on them.
- Drink from a bottle that you saw being opened and keep your thumb over the top between drinking.
- Never leave your drink unattended.
- Remember everyone is a potential victim, even when not drinking alcohol.

#### Storage

This test should be stored below 28°C (83°F), do not freeze. Bring the test kit to room temperature before performing the test.

For more details:  
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www.homehealth-uk.com, Email: info@homehealth-uk.com

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#### Testing a drink

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2. Carefully dip the testing strip into the drink, with the arrows pointing down, ensuring that the drink does NOT go above the bold blue line (located just above the wavy blue lines). Allow the test to absorb the drink for about 10-15 seconds.
3. After 15 seconds, remove the test from the drink, lay the test strip on a clean flat surface while the test lines develop.
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#### Testing a urine sample

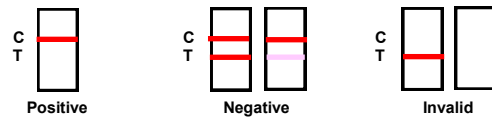
1. Remove the test strip from the foil pouch (do not break the seal of the foil pouch until you are ready to begin the test).
2. Using a plastic cup, obtain a urine sample from the individual who is being tested.
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