How Long Does Marijuana Stay in Your System?

**Saliva Tests**
THC will test positive on a saliva test within one hour of use but not test positive about 12 hours after last use.

- **POS**
  - 1 hour ➔ 12 hours

**Urine Tests**
THC will test positive on a urine test within 2-5 hours of use. The length of time it remains depends on your level of use.

- **One time use**
  - 2-5 hrs ➔ 1-6 days
- **Moderate user**
  - 2-5 hrs ➔ 7-13 days
- **Frequent user**
  - 2-5 hrs ➔ 15 days PLUS
- **Heavy user**
  - 2-5 hrs ➔ 30 days PLUS

Factors that influence how long THC stays in your body.

Some heavy smokers reported being positive 45 - 90 days after quitting!

**Hair Tests**
THC shows up about 7 days after use in a hair drug test. Most hair drug tests show a 90 day drug history.

- **POS**
  - 7 days ➔ 90 days

**NOTE:** THC does not always bind to the hair follicle and is not always considered an accurate test for marijuana use.

All time frames are estimates and intended as a guide. The best way to know is to test yourself.

www.HomeHealthTesting.com