

## Monitoring EtG/EtS

Ethylglucuronide (EtG) and ethylsulfate (EtS) are metabolites of alcohol that are excreted more slowly from the body than alcohol itself. They are therefore better at detecting drinking and better at documenting abstinence. When being monitored with EtG/EtS, it is important, as in any monitoring situation, to be aware of items to avoid so that inadvertent “incidental” exposure does not cause a positive test. In other words, it is important to know what items contain alcohol and to avoid them. With reasonable caution, it is rare for “incidental” alcohol exposure to cause a positive test.

It is YOUR responsibility to limit and avoid exposure to products and substances that contain ethyl alcohol. It is YOUR responsibility to read product labels to know what is contained in the products you use and to inspect these products BEFORE you use them. Terms used describe alcohol in products detailed below or any other product containing alcohol, is a violation of this monitoring and will not be allowed as an excuse for a positive test result. When in doubt, don't use, consume or apply anything that might contain alcohol.

**MOUTHWASH:** Many mouthwashes ( i.e., listermint, cepacol, etc) contain ethyl alcohol. Use of alcohol containing mouthwashes can cause positive tests for alcohol because they contain a significant amount of alcohol. Use of alcohol containing products while in monitoring is not permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative.

**OVER THE COUNTER MEDICATIONS:** It has always been prohibited to use alcohol containing cough syrups or cold preparations (e.g Nyquil) while in monitoring. Nutritional supplements, such as Ginkgo Biloba liquid, can contain alcohol and should be avoided. Any product called “tincture” contains alcohol. Alcohol is frequently used in liquid medications as a solvent. Read labels and if the product contains alcohol, don't use it unless you first receive clearance. Non-alcohol

containing cough and flu medications are readily available and are acceptable alternatives.

**NON -ALCOHOL BEER AND WINE:** These beverages (e.g. O'Douls, Sharps, etc) contain enough alcohol that they can result in a positive test. While in monitoring, you are not permitted to ingest these products.

**FOOD AND OTHER CONSUMABLE PRODUCTS:** Flavoring extracts, such as, vanilla extract or almond extract, if consumed in excess (e.g. to flavor coffee) can cause a positive test. Food cooked with wine or other alcoholic beverages has significant residual alcohol, even after cooking. Some desserts, especially flamed desserts, are prepared with large amounts of alcohol and can cause a positive test. Chocolates containing liquid filling can contain alcohol. Some churches use wine or fortified wine for communion and depending on how much is consumed can cause a positive test. All of these foods should be avoided.

**BREATHING ALCOHOL VAPOR CAN CAUSE A POSITIVE TEST:** Avoid breathing fumes of products containing alcohol, such as alcohol based hand sanitizing gels (e.g. Purel), perfumes or colognes, bug sprays, or other chemicals lacquers, solvents or gasohol). If you must use these products use them sparingly and avoid breathing in the fumes.

**FASTING:** As an extra precaution to avoid extraneous items that might contain small amounts of alcohol from causing an effect on your test, we recommend that you essentially fast (except for water) 4-6 hours prior to submitting a sample. This includes being careful to avoid breathing anything that contains alcohol. Most of these minor exposure only cause an effect for 4-6 hours or so. Strictly avoiding them prior to giving a sample will minimize the chances of a misleading positive test.

## **Incidental Exposure to Ethanol**

New markers for alcohol use, ethylglucuronide (EtG), ethysulfate (EtS) and others, have added tremendous value to routine drug testing by their capacity to better document abstinence and sensitivity to detect early relapse. Since these markers are highly sensitive it is important that individuals being tested try to avoid exposure to products containing alcohol that might cause positive tests. This issue is identical to that of avoiding poppy seeds, to avoid a positive test for morphine, however, there are many more products containing alcohol. Below is a list of some of these products. This list is not exhaustive, therefore it is best to check labels or with manufacturers before using.

### **POSSIBLE SOURCES OF INCIDENTAL EXPOSURE**

#### **Foods:**

- ^ Desserts and other foods with or containing alcoholic beverages (vodka, sherry, wine, etc.)
- ^ Foods containing significant amounts of vanilla extract, wine vinegar, soy sauces and others with alcohol content on their labels

#### **Hygiene Products:**

- ^ Mouthwashes that contain alcohol like Listering, Cepacol, Scope and PLAX

#### **Over the Counter ( OTC) Medicines:**

- ^ Cough syrup
- ^ Tinctures, etc

#### **Prescription Medications:**

- ^ Asthma Inhalers
- ^ Prescription Drugs containing ethanol (caplets, elixirs, etc)

#### **Other Sources:**

Communion Wine, "Alcohol Free Beer or Wine", etc.

#### **Skin Exposure to ethanol where vapor can be inhaled:**

- ^ Hand sanitizers, deodorant sprays, cosmetics, insecticides, skin application medications (e.g, topical testosterone, etc.)