

SAVE Supervision Urine Abstinence Testing and Incidental Alcohol Exposure

This document serves to educate, alert and advise SAVE participants to the potential (incidental) sources of alcohol that could produce a positive urine test result.

Recent advances in the science of alcohol detection in urine have greatly increased the ability to detect even trace amounts of alcohol consumption. In addition, these tests are capable of detecting alcohol ingestion for significantly longer periods of time after a drinking episode. Because these tests are sensitive, in rare circumstances exposure to non-beverage alcohol sources can result in detectable levels of alcohol (or its breakdown products). In order to preserve the integrity of the SAVE testing program, we must restrict and/or advise SAVE probationers regarding the use of certain alcohol-containing products.

It is your responsibility to limit your exposure to the products and substances detailed below that contain ethyl alcohol. It is your responsibility to read product labels, to know what is contained in the products you use and consume, and to inspect these products before you use them. Use of the products detailed below in violation of this contract will not be allowed as an excuse for a positive test result. When in doubt, don't use, consume, or apply.

Cough syrups and other liquid medications. SAVE probationers are prohibited from using alcohol-containing cough/cold syrups. Many cough syrup brands, and numerous other liquid medications, rely upon ethyl alcohol as a solvent. SAVE probationers are required to read product labels carefully to determine if they contain ethyl alcohol. All prescription and over-the-counter medications should be reviewed with your probation officer/case manager/program coordinator before use. Information about the composition of prescription medications should be available upon request from your pharmacist. Non-alcohol-containing cough and cold remedies are readily available at most pharmacies and major retail stores.

Non-Alcoholic (NA) Beer and Wine: Although legally considered non-alcoholic, NA beers do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. SSSPP probationers are not permitted to ingest NA beer or NA wine.

Food and Other Ingestible Products: There are numerous other consumable products that contain ethyl alcohol that could result in a positive test for alcohol. Flavoring extracts, such as vanilla or almond extract, and liquid herbal extracts could result in a positive screen for alcohol or its breakdown products. Communion wine, food cooked with wine, and flambé dishes (alcohol poured over a food and ignited) must be avoided. Read the labels on any liquid herbal or homeopathic remedy.

Mouthwash and Breath Strips: Most mouthwashes and other breath cleansing products contain ethyl alcohol. The use of mouthwashes containing ethyl alcohol can produce a positive test result. SSSPP probationers are required to read product labels and educate themselves as to

whether a mouthwash product contains ethyl alcohol. Use of ethyl alcohol-containing mouthwashes and breath strips by SAVE probationers is not permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have questions about a particular product, bring it in to discuss with your probation officer/case manager/program coordinator.

Hand Sanitizers: Hand sanitizers and other antiseptic gels and foams used to disinfect hands contain up to 99 percent ethyl alcohol. Excessive, unnecessary, or repeated use of these products could result in a positive urine test. Hand washing with soap and water is just as effective for killing germs.

Hygiene Products: Aftershaves and colognes, hair sprays and mousse, astringents, insecticides, and some body washes contain ethyl alcohol. While it is unlikely that limited use of these products would result in a positive test for alcohol (or its breakdown products), excessive, unnecessary, or repeated use of these products could affect test results. Probationers must use such products sparingly to avoid reaching detection levels. Just as the court requires SAVE probationers to regulate their fluid intake to avoid dilute urine samples, probationers should limit their use of topically applied (on the skin) products containing ethyl alcohol.

Solvents and Lacquers: Many solvents, lacquers, and surface preparation products used in industry, construction, and the home contain ethyl alcohol. Both excessive inhalation of vapors and topical exposure to such products can potentially cause a positive test result for alcohol. As with the products noted above, SAVE probationers must educate themselves as to the ingredients in the products they are using. There are alternatives to nearly any item containing ethyl alcohol. Frequency of use and duration of exposure to such products should be kept to a minimum. A positive test result will not be excused by reference to use of an alcohol-based solvent. If you are employed where contact with such products cannot be avoided, you need to discuss this with your probation officer/case manager/program coordinator. Do not wait for a positive test to do so.

I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES:

I acknowledge receipt of this form

Date