

URINE ABSTINENCE TESTING AND INCIDENTAL ALCOHOL EXPOSURE

It is **YOUR** responsibility to limit your exposure to the products and substances detailed below that contain ethyl alcohol; however, this list is not all inclusive. It is **YOUR** responsibility to read product labels, to know what is contained in the products you use and consume and to stop and inspect these products **BEFORE** you use them. ***Use of the products detailed below 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: Probationers have always been prohibited from using alcohol-containing syrups, such as Nyquil®. Other cough syrup brands and numerous other liquid medications, rely upon ethyl alcohol as a solvent. Probationers are required to read product labels carefully to determine if they contain ethyl alcohol (ethanol). All prescription and over-the-counter medications should be reviewed with your case manager before use. Information on 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 Beer and Wine: Although legally considered non-alcoholic, non-alcoholic beers (e.g. O'Doul's®/Sharp's®) do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. Probationers are **NOT** permitted to ingest non-alcoholic beer or non-alcoholic 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 (such as Gingko Biloba), could result in a positive screen for alcohol or its breakdown products. Communion wine, food cooked in wine, and flambe' dishes (alcohol poured over a food and ignited such as Cherries Jubilee, Baked Alaska) must be avoided. Read carefully the labels on any liquid herbal or homeopathic remedy and do not ingest without approval from your probation officer. I understand that ingestion of poppy food products may result in positive results and therefore consumption is prohibited.

Mouthwash and Breath Strips: Most mouthwashes (Listerine®, Cepacol®, etc) and other breath cleansing products contain ethyl alcohol. The use of mouthwashes containing ethyl alcohol can produce a positive test result. 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 Probationers is not permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have and questions about a particular product, bring it in to discuss with your probation officer.

Chewing Gum and Breath Mints: Some chewing gum and breath mint brands contain alcohol sugars such as sorbitol. Probationers must educate themselves as to the ingredients in a particular brand of gum or breath mint. If you have questions about a particular product, bring it in to discuss with your probation officer.

Hand sanitizers: Hand sanitizers (e.g. Purell®, Germex®, etc.) and other antiseptic gels and foams used to disinfect hands contain up to 70% 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 (bug sprays such as Off®) 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 product sparingly to avoid reaching detection levels. Just as the Court requires probationers to regulate their fluid intake to avoid dilute urine samples, it is likewise incumbent upon each probationer to limit their use of topical applied (on the skin) products that contain 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, 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 in employment where contact with such product cannot be avoided, you need to discuss it with your probation officer. Do not wait for a positive test result to do so.

Remember.....when in doubt, don't use, consume, or apply!!!!!!

I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES:

Signature

Date

Name (print)