

EtG Contract

URINE ABSTINENCE TESTING AND INCIDENTAL ALCOHOL EXPOSURE CONTRACT

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 can detect alcohol ingestion for significantly longer periods of time after a drinking event. 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). To preserve the integrity of the VTC drug testing program, it has become necessary for us to restrict and/or advise VTC participants regarding the use of certain alcohol-containing products.

It is **YOUR** responsibility to limit exposure to the products detailed below that contain ethyl alcohol. Additionally, it is **YOUR** responsibility to read product labels, to know what is contained in the products you use and consume. 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 to your skin, body, or hair.**

Cough Syrups and Liquid Medications: VTC participants 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. VTC participants are required to read product labels carefully to determine if they contain alcohol. All prescription medications should be reviewed with your Probation Officer and Treatment Provider. Information on the composition of prescription medications should be available on request from your pharmacist. Non-alcohol cough and cold medications are readily available at most pharmacies and major retail stores.

Creams and Topical Products: Many topical creams and gels that you apply onto your skin for application contain alcohol. Do not use any topical medications and/or creams (such as body lotion, moisturizer, etc.) that contain any amount of alcohol. Additionally, you are not allowed to use any topical medications that contain alcohol as an ingredient (hormone, anesthetic, or analgesic cream or gel).

Non-Alcoholic Beer and Wine: Although legally considered non-alcoholic, non-alcoholic beers do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. VTC participants are **not** permitted to drink non-alcoholic beer or non-alcoholic wine.

Food and Other Edible Products: There are numerous other edible 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 drug test for alcohol. Foods cooked with wine should be avoided, such as cherries jubilee, baked Alaska, rum cake, burgundy chicken, and flambé dishes. These foods may still contain alcohol even after cooking and must be avoided. When eating food that you did not make, ask if the food was prepared using any ingredient containing alcohol.

Mouthwash and Breath Strips: Most mouthwashes and breath cleansing products contain alcohol. The use of mouthwashes containing alcohol can produce a positive test result. Participants are required to read product labels and determine whether a mouthwash product contains alcohol. Use of alcohol-containing mouthwashes and breath strips by VTC participants is not permitted. Non-alcohol mouthwashes are readily available and are okay to use. If you have questions about a product, bring the product to discuss with your probation officer.

Hand Sanitizers: Hand sanitizers and other antiseptic gels used to disinfect hands contain up to 70% alcohol. Excessive or repeated use of these products could result in a positive urine test. Hand washing with soap and water instead is recommended and is just as effective for killing germs.

Hygiene Products: Aftershave and colognes, hair sprays and other hair care products, many astringents, and certain body washes contain alcohol. While it is unlikely that limited use of these products would result in a positive test for alcohol, excessive or repeated use of these products could affect drug test results. Participants must use such products sparingly to avoid reaching detection levels. Just as the court requires VTC participants to regulate their fluid intake to avoid a dilute urine drug test, it is likewise important that each participant limit their use of hygiene products containing alcohol.

Solvents and Lacquers: Many solvents, lacquers and home repair products used in the construction industry and for home repairs contain alcohol. Excessive inhalation of vapors and chronic exposure to such products can potentially cause a positive drug test for alcohol. As with the products listed above, VTC participants must educate themselves as to the ingredients in the products they are using. There are many commercially available 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 because you use these products. If you must work with these products, you need to discuss this with your probation officer. Do not wait for a positive test result before discussing this.

Homeopathic or Herbal Products: Many of the herbal products contain unknown ingredients in undetermined amounts, so it is not recommended you take any of these products without first talking with your doctor. Carefully read the labels on any liquid herbal or homeopathic remedy and do not take without prior approval from your probation officer.

Bug Sprays and Insecticides: Do not use bug sprays or other chemical sprays containing alcohol.

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

ASK PERMISSION PRIOR TO USING OR EATING!

I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES AS OUTLINED ABOVE:

PARTICIPANT SIGNATURE

DATE