

# MSBN COMPLIANCE

## Client Contract when Monitoring with 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 picking up 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’s 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 the products and substances detailed below as well as any other substance that contains 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 to describe alcohol in products that must be avoided include: denatured alcohol, ethanol or ethyl alcohol, methylated spirits, tincture and elixir. *Use of the products detailed below or any other product containing alcohol is a violation of this contract 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 (Listerine, Dr. Tichenor’s, Scope, Listermint, Cepacol, etc.) contain ethyl alcohol. Use of alcohol containing mouthwashes can cause positive test for alcohol because they contain a significant amount of alcohol. Many may contain as much as 70 % alcohol. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have questions about a particular product, call or bring it in to discuss a Recovering Nurse Program Monitoring Counselor.

**Over-the-counter (OTC) Medications:** It is prohibited to use cough syrups or cold preparations containing alcohol (e.g. Nyquil) while in monitoring. Nutritional supplements, such as Ginseng or Ginko Biloba liquid, can contain alcohol and should be avoided. Ethyl alcohol is frequently used in liquid medications as a solvent. Read labels and if the product contains alcohol, don’t use it. Alcohol Free 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 extract, such as vanilla extract or almond extract, if consumed in excess (e.g. to flavor coffee) can cause a positive test. Some main dishes, side dishes, sauces and desserts, (e.g. Tiramisu-Rumcake) are prepared with large amounts of alcohol and can cause a positive test. Be especially careful of any food item that is described as flaming such as crepe suzettes. 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 lacquers, shellac, solvents, or ethanol fuel. If you must use these products use them sparingly in a well-ventilated area while wearing a respirator. Avoid breathing the fumes and limit skin contact. When using alcohol containing hand sanitizers keep the hands at waist level or below to avoid inhalation.

**Not related to EtG/EtS but important:** Avoid any ingestion of **Poppy Seeds**. All food products containing Poppy Seeds (e.g. bagels, muffins, rolls, chicken casseroles, etc.) must be avoided. Poppy Seeds ingestion may result in a positive drug screen for Morphine or Codeine. Positive results will yield disciplinary action.

**Products such as perfumes and colognes, and makeup containing alcohol have not been shown to normally cause false positives. When using hand sanitizer, it is best to use Isopropyl alcohol based hand sanitizer.**

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

I have read and understand my responsibilities detailed above:

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Participant's Signature

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Date

(JUNE 2, 2017)