

80 HOUR TEST FOR ALCOHOL

What if you had to prove whether a student athlete had consumed alcohol or not? Most administrators don't know it, but alcohol use can be detected for up to 80 hours after consumption with a simple urine test, called the EtG Test.

Affordable and Approved

Used by NY State Drug Courts



Urine Ethyl Glucuronide - EtG

Specimen: Urine, 5 mL
Method: Liquid Chromatography/Tandem Mass Spectrometry (LC/MS-MS)
Cutoff: 250 and 500 ng/mL
Reporting limits: 250 to 10,000 ng/mL

Ingested alcohol (ethanol) is metabolized via several identified pathways and a minor (0.02%) but important non-oxidative pathway produces ethyl glucuronide (EtG), which is excreted in the urine. It has also been detected in blood, other bodily fluids, hair and post-mortem tissue.

EtG can be **detected in urine for up to 80 hours** after the elimination of alcohol from the body, and detection of EtG in urine indicates recent consumption of alcohol. It is a useful tool in numerous settings, including: alcohol and drug treatment (to detect lapse/relapse and for motivational feedback); safety sensitive work settings where use is dangerous; other circumstances where alcohol use may be risky (e.g. such as driving, work-place, pregnancy or monitoring physicians or other professionals who are in recovery and working); or for resolving forensic questions. If the question of recent alcohol consumption has to be answered with a "yes/no", such as for determining relapses, the analysis of EtG in urine is the latest and best test. Our testing method employs the latest and best method available. Advantages of EtG include:

- EtG is a direct metabolite of alcohol, is more accurate than indirect measures (MCV, CDT, GGT, etc) and not a product of *in vitro* fermentation.
- For abstinence testing, EtG is the definitive test.
- EtG is superior to urine alcohol because it remains in the urine longer and therefore has a longer window of detection (3-4 days)
- EtG is a stable compound detectable in the urine, blood, hair and post-mortem tissue
- EtG can be used to determine whether or not alcohol has been recently consumed
- There is essentially no EtG detectable in urine unless an alcoholic beverage is consumed

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- ❖ For abstinence testing, EtG is the definitive test.
- ❖ EtG is superior to urine alcohol because it remains in the urine longer and therefore has a longer window of detection (3-4 days)
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- ❖ EtG can be used to determine whether or not alcohol has been recently consumed
- ❖ For further information, contact American Athletic Institute