



Client Contract Addendum 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, SD alcohol, ethanol or ethyl alcohol. 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, Cepacol, etc) contain ethyl alcohol. Use of alcohol containing mouthwashes can cause positive tests for alcohol because they contain a significant amount of alcohol. Participants are required to read product labels and know whether a product they are using, such as mouthwash, contains ethyl alcohol. Use of alcohol containing products while in monitoring 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 case manager.

Over-the-counter medications: It has always been prohibited to use alcohol containing cough syrups or cold preparations (e.g. Nyquil) while in monitoring. Nutritional supplements, such as Ginkgo 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 unless you first receive clearance from your case manager. Non-alcohol containing 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 extracts, such as vanilla extract or almond extract, if consumed in excess (e.g. to flavor coffee) can cause a positive test. Some desserts, especially flamed desserts, are prepared with large amounts of alcohol and can cause a positive test. 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 alcohol based handsanitizing gels (e.g. Purell), perfumes or colognes, bug sprays, or other chemicals (lacquers, solvents, or gasohol). If you must use these products use them sparingly and avoid breathing the fumes.

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

I have read and understand my responsibilities detailed above:

Participant

Date