



When it matters most

## From Sobriety to Excess

Tests to help you assess sobriety or chronic excessive alcohol use

- Urine and breath tests for abstinence
- Hair and blood tests for excessive use
- First-of-its-kind service by a UK laboratory

To find out more about how these tests can help your cases read on...



## From sobriety to excess

When testing for alcohol use as part of family law cases it is often necessary to prove sobriety or to assess whether alcohol use is excessive. Concateno TrichoTech can now supply testing services for both requirements as well as providing a wider picture of alcohol use.

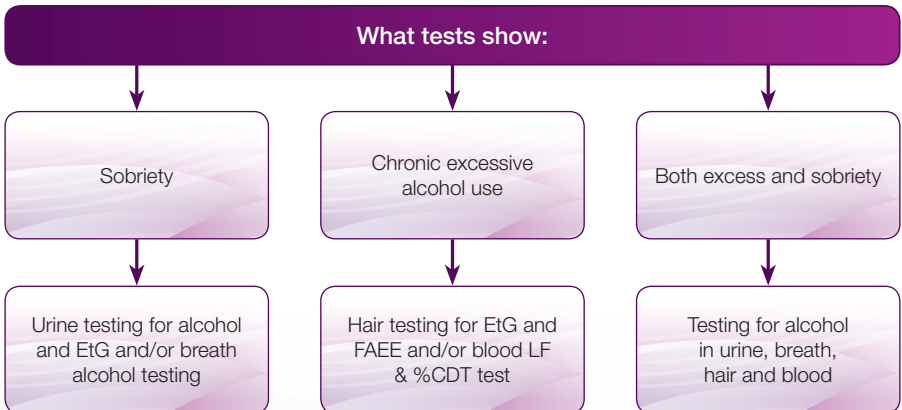
### What is sobriety testing?

**Sobriety testing** provides evidence that a person has not recently consumed alcohol. Increasing the number of tests provides more substantial evidence that a person is not using alcohol.

### What is chronic excessive use testing?

Excessive alcohol use is classed as drinking 60g or more of pure alcohol a day according to the World Health Organisation. **Chronic excessive testing** provides evidence as to whether a person has been drinking excessively over three months.

### Which test is relevant to me?



## Sobriety testing in more detail

**Urine testing for alcohol and EtG** can give a window of detection of up to four days. Positive results provide a strong indication that alcohol has recently been consumed. We recommend using a minimum of three tests per week over four weeks. When selecting this type of testing, call our team for advice about the best fit solution for your client, as the frequency of testing conducted affects the conclusion regarding sobriety.

**Breath alcohol testing** provides a more recent picture as it detects whether alcohol is present in the body at the time the test is performed. A positive result is a strong indication that alcohol has been consumed recently. When positive results are found, the test is repeated shortly afterwards to ensure the positive result relates to alcohol in the blood, as opposed to residual alcohol in the mouth. As with urine testing, we suggest using a minimum of three tests per week over a period of four weeks and recommend calling our team for advice about the best fit solution for your client.

## Chronic excessive testing in more detail

**Hair testing for EtG and FAEE** is a method of testing for chronic excessive alcohol consumption that is increasingly used by courts. Our test combines the alcohol markers EtG and FAEE, direct metabolites of alcohol, to provide a stronger picture of chronic excessive alcohol use over three months. Using this combination of alcohol markers gives greater support for evidence of chronic excessive alcohol consumption because each can be affected by different external factors such as normal hygiene and hair treatments. Our EtG hair test is ISO/IEC 17025:2005 UKAS accredited.

**LF and %CDT blood tests** are both used as an aid in assessing excessive alcohol use. A liver function test will not show how much someone is drinking, however it can highlight the effect excessive alcohol consumption is having on the body. A carbohydrate deficient transferrin test looks for a protein that transports iron around the body. Excessive alcohol use creates a deficiency of carbohydrate molecules within the protein which is reported as a percentage (%). A reading of 1.5% and above is considered positive and would be considered consistent with excessive alcohol consumption over two to four weeks.



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#### The bigger picture of alcohol use

**Combining all testing methods creates a more comprehensive picture of alcohol use by covering longer term and recent use.**

Using the hair test for EtG and FAEE will provide a historic overview and an indication of whether a donor has been using alcohol chronically and excessively. If so, blood testing can be used to provide supporting evidence. If the hair test is negative, the inclusion of sobriety tests can support claims that alcohol use has not been excessive. Positives for hair, blood, urine and breath tests indicate that a donor has used alcohol chronically and excessively over three months and is still consuming alcohol.

Concateno TrichoTech always recommends a combination of testing as opposed to one test on its own. Combination testing provides more robust evidence for use in court. We also recommend a clinical assessment.