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Ets alcohol test

Urine tests can detect alcohol metabolites in your system long after you've had your last drink.When your body processes alcohol, it produces alcohol metabolites. These metabolites stick around in the body even after you feel sober.Though your body can eliminate alcohol relatively quickly, alcohol metabolites remain in your system longer. Urine tests can check for alcohol and alcohol metabolites in your urine.Most urine tests detect alcohol up to 12 hours after your last drink. Advanced urine tests, however, may be able to detect alcohol 24 hours after drinking. There are a few types of urine tests, and some are more accurate than others. Because alcohol metabolites stay in the body long after alcohol is eliminated, tests that find metabolites will have a more extended detection period.The urine tests for alcohol are:Ethanol urine test: This test measures the ethanol (alcohol) in urine. Because ethanol is eliminated through the body quickly, these tests can detect very recent use only. Ethyl glucuronide (EtG) urine test: EtG is an alcohol metabolite. Although EtG tests usually have a detection window of about 24 to 72 hours, the metabolite may be detected for up to 80 hours after alcohol use, especially with heavy drinking. Ethyl sulfate (EtS) urine test: EtS is another metabolite. EtS urine tests usually guarantee accuracy only in the first 24 hours. But much like EtG, EtS can be detected in urine about 80 hours after heavy alcohol use. The window of detection for urine tests will vary depending on the type of test:Ethanol urine tests: 12 hoursEthyl glucuronide (EtG) urine tests: 24–72 hours Ethyl sulfate (EtS) urine test: 24–72 hours If you've recently consumed a large amount of alcohol, the window of detection may be longer than if you had a single drink. Although urine tests are a relatively inexpensive and noninvasive way to test for alcohol, they may be inaccurate in some cases. It's possible to get a false positive on a urine alcohol test. To ensure accurate results, it's essential to:Make sure your hands are clean before urinating or handling a urine sample.If using a container, ensure that it's clean.Ensure the test is sealed and hasn't expired.Clean your external genitalia with a moist cloth. If you're being tested under supervision, they will usually provide a towelette for you.Before taking a urine alcohol test, it's best to avoid:Even if used externally and not ingested, it's possible that products containing alcohol will cause you to test positive for alcohol consumption. It's best to avoid anything that contains alcohol, even in tiny amounts. Nowadays, EtG urine tests are one of the most common ways to check for alcohol consumption. They don't only test whether you have or haven't used alcohol — they may also indicate how much recent drinking has taken place. For an EtG or EtS urine test:A high positive result (>1,000ng/mL) may indicate same-day drinking or heavy drinking on the previous dayA low positive result (500 to 1,000ng/mL) may indicate drinking the previous day or day before, light drinking within the last 24 hours, or recent exposure to alcohol-based productsA very low positive result (100 to 500 ng/mL) may indicate heavy drinking a few days previously, recent light drinking, or recent exposure to alcohol-based products If you have trouble interpreting your results, consider consulting a medical professional.If you disagree with your test results, you may be able to request a re-test from the entity that requested the test (for example, the court, your employer, or your doctor).Urine tests are a cost-effective way to test for recent drinking. But they do have their limitations, specifically:The window of detection is relatively short.It's possible to dilute urine or substitute the sample with another person's urine.The person being tested usually needs to be observed, which can be uncomfortable. As with many tests, urine tests are not accurate 100% of the time. A false negative is possible. Someone may test negative for drinking alcohol when they have had alcohol recently. EtG urine tests can detect recent drinking with a 70% accuracy — although one 2017 study showed that they're about 85% accurate for moderate to heavy drinking.Urine tests aren't the only way to verify whether someone has consumed alcohol. Other methods — breath, hair, and blood tests — can detect recent alcohol consumption. A hair follicle test can detect alcohol use within the past 90 days.Blood tests can also be used to measure your BAC. Traditional tests can accurately detect alcohol consumption within the past 12 hours, and it can detect how much you've consumed. There are many types of blood tests. They can also test for EtG and EtS. A carbohydrate-deficient transferrin (CDT) test can detect heavy alcohol use. A phosphatidylethanol (PEth) blood test — a newer but highly sensitive way to test for alcohol use — measures PEth, which is formed when your body processes ethanol. A PEth test may be able to detect alcohol consumption within the previous 1 to 3 weeks. In one 2017 study with 16 participants, PEth was detected in participants' blood for 3 to 12 days after they had one drink. Another study noted that PEth may be detected in your blood up to 60 days after heavy, prolonged alcohol use. Urine tests can detect alcohol or alcohol metabolites in your urine. Generally, these are accurate for 12 to 24 hours, although you may test positive up to 80 hours after drinking alcohol. There are instances where urine alcohol tests may be inaccurate. In some cases, alternative tests — such as a breath, hair, or blood test — may be more appropriate and valuable. Sian Ferguson is a freelance health and cannabis writer based in Cape Town, South Africa. She's passionate about empowering readers to take care of their mental and physical health through science-based, empathetically delivered information.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. ChartPurposeDetection windowFactorsMetabolize fasterTakeawayUrine tests can determine whether you have consumed alcohol within the last 24 hours. Alcohol has a relatively short life span in the body, but a urine test can detect alcohol long after its effects wear off. Urine tests can accurately detect ethanol and its byproducts 12 to 24 hours after you have a drink. The exact detection period depends on the type of urine alcohol test you take. Ethanol urine tests can detect alcohol consumption within the last 12 hours, while ethyl glucuronide (EtG) tests and ethyl sulfate (EtS) tests can typically help detect alcohol consumption within the last 24 hours.Although some EtG and EtS tests may detect alcohol up to 80 hours after your last drink, there's a higher chance of a false negative after 24 hours.EtG tests are a common way to test for alcohol consumption. The following chart shows how likely it is for urine alcohol levels to show up in EtG tests based on how much alcohol you consume and how much time passes after your last drink. This chart is based on a positive cut-off threshold of 100 nanograms of EtG per milliliter. In other words, it assumes you'll test positive if the test detects more than 100 nanograms per milliliter. However, criminal courts generally use a threshold of 500 nanograms per milliliter. Urine alcohol tests can help doctors determine whether you have consumed alcohol within a certain time. It's possible to test positive for alcohol consumption even if you're not currently intoxicated. Consuming a large amount of alcohol might produce positive results on a urine test for longer than consuming a single drink. However, urine alcohol tests can't accurately detect how much you have had to drink.Your urine flushes alcohol out of your system. During the first few hours after drinking, ethanol may be detectable in your urine and other bodily fluids. Tests may also detect alcohol by measuring metabolites of alcohol, like EtG or EtS. Your body makes metabolites while it processes alcohol. Metabolites stay in your system for longer than actual alcohol does, which is why tests that measure alcohol metabolites have a longer period of detection. For urine alcohol tests, the period of detection depends on the type of test you take. Ethanol urine tests: 12 hoursEtG urine tests: 24 to 72 hours EtS urine test: 24 to 72 hours Although tests can vary in sensitivity, experts generally only consider EtG and EtS tests accurate within the first 24 hours. They may accurately detect alcohol use for a longer period. Still, after 24 hours, there's a higher chance of a false negative. In other words, the result will be negative even if you have consumed alcohol. After 24 hours, your body usually metabolizes alcohol, making it near-impossible to detect in your saliva. Blood tests can also detect recent alcohol consumption. Certain blood alcohol tests measure your BAC, while others look for biomarkers of alcohol consumption.The detection periods differ from test to test:Traditional blood alcohol tests measure your BAC and detect alcohol consumption within the last 12 hours.EtG and EtS blood tests detect alcohol in your body up to 24 hours after your last drink. Carbohydrate-deficient transferrin tests can identify regular heavy drinking. Phosphatidylethanol (PEth) blood tests detect drinking in the previous 1 to 3 weeks, but your PEth levels may be high for longer after prolonged heavy drinking.A breathalyzer can usually detect alcohol consumption within the past 4 to 6 hours. It may test positive as long as 24 hours after your last drink. A breathalyzer doesn't just detect whether you've consumed alcohol. It can also measure your BAC, which correlates to how much alcohol you've had. Many factors affect how quickly you metabolize alcohol, including:Age: Teenagers, young adults, and older adults tend to eliminate alcohol slower than people in their late 20s to 50s.Tolerance: If you frequently drink heavily, you might metabolize it faster. Exercise: You might eliminate alcohol faster if you exercise. Food: If you've eaten recently, you may metabolize alcohol faster. Health: If your kidneys or liver don't function as well as they should, you may metabolize alcohol slower. Time of day: People tend to metabolize alcohol faster later in the day.The average metabolic rate to remove alcohol is about one drink per hour, but the above factors might affect that rate slightly.Urine tests can detect whether you've recently had alcohol. In general, they can be accurate for 12 to 24 hours, depending on the nature of the test. Certain alcohol tests — particularly blood tests — can also help determine heavy and prolonged drinking.Sian Ferguson is a freelance health and cannabis writer based in Cape Town, South Africa. She's passionate about empowering readers to take care of their mental and physical health through science-based, empathetically delivered information.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Alcohol metabolism. (2022). EN, et al. (2020). Sensitivity and specificity of a commercial urinary ethyl glucuronide (ETG) test in heavy drinkers. SE, et al. (2016). Objective testing — urine and other drug tests. SM, et al. (2022). Alcohol use disorder. GM, et al. (2020). 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