



Cansford
Laboratories
Pioneering drug and alcohol testing

BLOOD TESTING FOR ALCOHOL

Easy read version

WHAT IS THIS GUIDE?

This guide explains what a blood alcohol test is and what will happen.

It is written in simple language so it is easy to understand.

This guide is for you if:

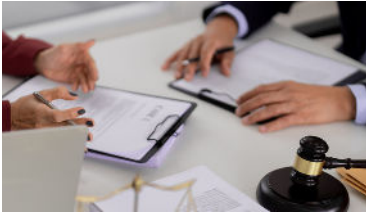
- ✓ A solicitor, social worker or case handler has asked you to take a blood test
- ✓ A court or official body has requested the test as part of a legal matter
- ✓ You have arranged the test yourself



- The test is quick and simple
- We do not use needles
- This guide will explain what you need to know

WHY AM I HAVING A BLOOD TEST?

There are different reasons why someone might have a blood test for alcohol.



It may be part of a legal case, a workplace matter, or a review of your situation.



Some people arrange a test on their own. This might be for personal reasons.



The test gives an honest picture of whether alcohol has been used, and when.

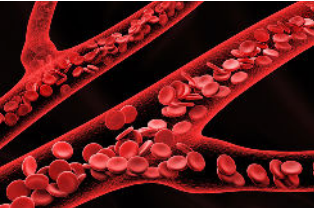
Whatever your reason, the process is the same.

The test is not a punishment.
It is simply a way to find out accurate information.
The results help give a clear and fair picture.

HOW BLOOD TESTING WORKS



When a person drinks alcohol, it enters their blood and goes into their liver.



The liver breaks it down and leaves behind markers in the blood.

PEth

This marker shows up when alcohol has been used in the past 3 to 4 weeks.

EtG

This marker shows up when alcohol has been used in the past 2 to 3 days.

Only drinking alcohol causes these markers to show up.

WHAT DO THE MARKERS TELL US?

The two markers give different information. Together, they give a fuller picture.

PEth

Shows whether alcohol has been drunk over the past 3 to 4 weeks.

Can tell the difference between heavy drinking, moderate drinking, light drinking, and no drinking at all.

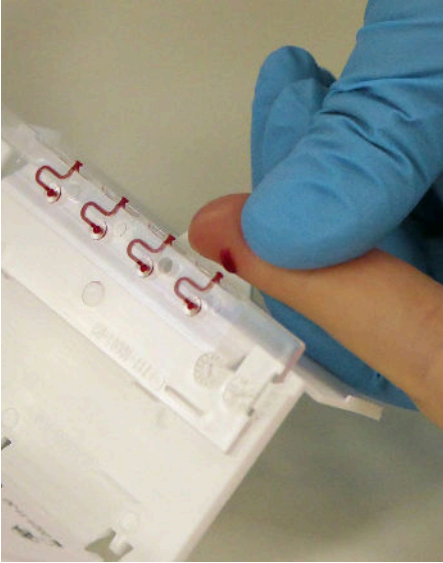
EtG

Shows whether alcohol has been drunk in the past 2 to 3 days.

Useful for checking if someone has had a drink very recently.

Both tests are included as standard.
You do not need to pay extra for EtG.

WHAT HAPPENS AT YOUR APPOINTMENT?



A trained person will take a very small amount of blood from your finger.

This is called a finger prick test, or a dry blood spot test.

A few small drops of blood are collected onto a special kit.

The blood kit is put into a sealed, secure pack.

It is labelled with your details and sent safely to us.

**This is NOT an injection or needle.
It is just a tiny prick on the tip of your finger.
It takes only a second and should not be painful.**

WHAT HAPPENS TO THE SAMPLE?



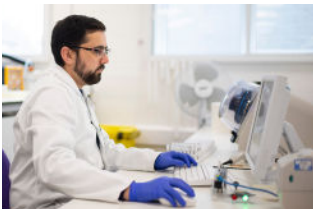
Your blood arrives at the lab. It is given a barcode and logged into the system so it can be tracked the whole time.



The blood is carefully prepared ready for testing.



Scientists test the sample for the markers (PEth and EtG). They measure how much of each marker is present.



The results written up by experts. Then they are sent to whoever arranged the test.

**Results are ready quickly.
The lab usually has results within 3 working days
of receiving your sample.**

WHAT WILL THE RESULTS SHOW?

The results will show whether your alcohol use was:



Not detected



Low or occasional



Moderate



Heavy or chronic



ANSWERING YOUR QUESTIONS

Will it hurt?

The finger prick feels like a very quick, tiny sting. It is over quickly and should not hurt.

Do I have to do the test?

If someone has arranged the test as part of a legal matter, refusing may affect your case. If you arranged the test yourself, it is your choice.

I only drink sometimes. Will that show up?

The scientists look at how much was found. One-off or light use looks very different from regular heavy use.

Is it a needle in my arm?

No. It is a tiny prick on the tip of your finger. No needles are put into your arm.

I am nervous about the test. Is that okay?

It is normal to feel nervous. The appointment is straightforward and the person taking the sample is trained to make you feel comfortable.



Cansford Laboratories

Pioneering drug and alcohol testing



We are based in Cardiff, Wales and are one of the most trusted testing labs in the UK.

We are fully accredited. This means an independent organisation has checked our work and it meets very high standards.

029 2150 8025

cansfordlabs.co.uk