

If the proof of abstinence is provided by **hair samples**, a segment of maximum 3 cm proximal, i.e. 3 cm measured from the root end, is permitted for the alcohol abstinence test and a segment of maximum 6 cm proximal is permitted for the drug abstinence test. An abstinence contract is not required for hair analyses, but can be concluded on request. We recommend an abstinence contract.

According to current scientific knowledge, the average hair growth is assumed to be 1 cm [0.8 cm - 1.4 cm] per month. However, due to telogen hair in a period of growth stagnation, active substances from periods of up to 6 months can also be stored and thus cause positive test results in hair tests, even if abstinence is already present. Cosmetic treatment of the hair [e.g. colouring, bleaching, tinting etc.] is not permitted during the control period.

MVZ Labor Krone is accredited in accordance with DIN EN ISO/IEC 17025:2018 and is authorised to issue abstinence certificates in accordance with CTU criteria for the preparation of an MPU .

If you are interested in an abstinence certificate, please contact us at:

Tel **05222 8076-123**

Email **toxikologie@laborkrone.de**



Or scan the QR code above to complete the abstinence contract directly.

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**Abstinence
certificates**

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**Preparation for a medical-psychological
examination (MPU)**





If proof of abstinence from alcohol and/or drugs is required as part of the assessment of fitness to drive, proof of abstinence can be provided by means of a urine or capillary blood test programme or by means of hair analyses. A combination of urine or capillary blood tests and hair samples may also be useful.

Before starting the abstinence programme, we recommend a consultation with a **traffic psychologist or an MPU preparation centre**. The required duration and scope of the laboratory tests depend on the specific incidents that led to the loss of the driving licence in each individual case. We are happy to answer any questions you may have regarding the advantages and disadvantages of an abstinence certificate for urine tests or hair tests.

The conditions for the chemical-toxicological examination (German: CTU) of capillary blood, urine or hair samples as part of an MPU are clearly set out in writing in the current edition of the **assessment criteria** for forming a judgement in the driving fitness assessment.

Proof of abstinence from alcohol

For proof of **alcohol abstinence**, both urine and hair samples are analysed for ethyl glucuronide [EtG] as a specific degradation product of alcohol [ethanol]. In capillary blood, detection is based on the alcohol marker phosphatidylethanol [PEth].

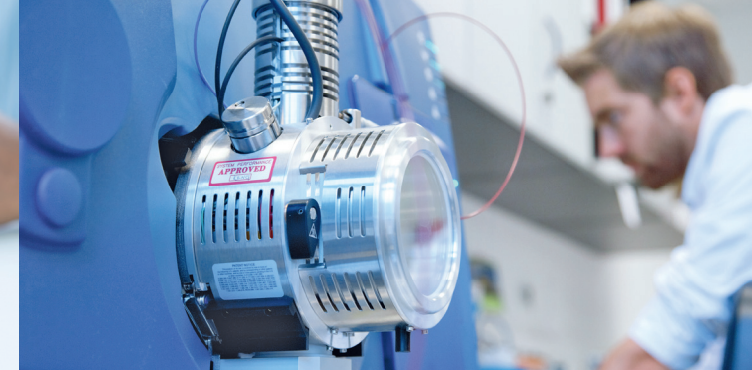


Proof of drug abstinence

In tests for **drugs**, the analysis of urine and hair includes the following substance groups: amphetamines, meth-amphetamines, benzodiazepines, cannabinoids, cocaine, methadone and opiates. In the case of drugs, it is not possible to get a certificate for the MPU using capillary blood samples.

If you lose your driver's licence owing to a history of opiate or opioid abuse, in addition to the above-mentioned drug test, an analysis for **opioids** [buprenorphine, tramadol, fentanyl, tilidine and oxycodone] is usually required. If you need a test for opioids, the laboratory must be informed separately. Of course, a combined test for the alcohol marker ethyl glucuronide, for drugs and/or opioids and, if applicable, for drugs relevant for the assessment of driving fitness or **new psychoactive substances (NPS)** is also possible.

Please note that the combined detection of alcohol and drugs or medication is only possible with urine samples or hair samples, but not with capillary blood.



Capillary blood and urine samples as proof of abstinence

If proof of abstinence is to be provided on the basis of capillary blood or urine tests, the conclusion of a so-called "abstinence contract" is mandatory. In this contract, the desired duration (start and end of the contract), the associated minimum number of tests and other rights and obligations of the test person within the framework of the abstinence control programme (availability when called in, what to do in the event of planned holidays or illness, etc.) are set out.

A 6-month control programme requires at least 4 checks, a 12-month programme at least 6 and a 15-month programme at least 7.

As part of the contract, the test person is called in by telephone, text message or email at irregular intervals for the checks at previously unknown dates. Samples must then be collected after an identity check using a valid identification document (identity card, passport or residence permit) under visual control in the laboratory or at the institution collecting the sample by the end of the following day.

Hair samples as proof of abstinence