**WHAT YOU NEED TO KNOW ABOUT DRUG TESTING & BREATHALYZERS**

1. **QUESTION**: *"I'm a body builder and take Creatine, how will that affect my drug test?"*

Overall, creatine is safe and [completely legal](https://www.nydailynews.com/sports/i-team/creatine-legal-dietary-supplement-not-banned-leagues-linked-oblique-injury-epidemic-article-1.110410). In the absence of any questionable substances in your drug test sample, you can rest easy that you will pass. If you are given a form or other questionnaire to complete before your drug test, be sure to list anything you are currently taking including creatine supplements.

Since creatine is [found naturally in your body’s skeletal muscles](https://www.exercise.com/learn/where-does-creatine-come-from/) and is produced through lean red meats and fish, it shows up on any test. For this reason, it will most likely never be a banned substance. Having a large amount of creatine in your system is typically not a problem.

It is considered legal by professional sports associations and testing laboratories. However, [a very low level of creatine](https://www.exercise.com/learn/what-does-a-low-creatine-level-mean/) may be a cause for concern! [A higher level of creatine](https://www.exercise.com/learn/what-is-a-normal-creatine-level/) can signify anything from too much red meat at meals to an increase in exercise.To be extremely safe, it is probably best for you to **not** load up on creatine supplements in the few days prior to your drug test. These days, everyone is being extra careful, from employers to sports authorities, which may lead you to ask if your use of creatine can cause you to fail a drug test.

1. **QUESTION**: *"How do things I eat or drink affect my breathalyzer?"*

There are a number of things you may have just consumed that will cause you to fail the ignition interlock device breath test after eating. While the amounts of alcohol in these foods, drinks, or medications are not enough to impair your driving, the alcohol content can be high enough to cause a test failure.

**These can include:**

* Rum cake
* Pasta with vodka sauce
* Baked goods with a high amount of vanilla extract
* Bread, pizza, and pastries that contain yeast
* Red wine vinegar (think salad dressing)
* Soy sauce
* Energy drinks
* Non-alcoholic beer or wine
* Mouthwash
* Breath spray
* Some cold and cough medicines, such as syrup or decongestants
* Dental pain topical medications
* Acetone
* Dayquil
* Nyquil

You need to vigilant with what you eat and drink, and what types of medicine you use while you have an ignition interlock device installed in your vehicle. But besides watching what you eat or drink, there are steps you can take to prevent an accidental test failure. Acetone is in the breath of every person, and sometimes these levels may be high enough to cause a false positive reading on a breathalyzer. Hypoglycemia not only causes the presence of acetone, it can also produce symptoms to that of intoxication. Low-carb diets also increase acetone levels and can result in false positives. We suggest rinsing your mouth out with water after eating, to remove any food particles or liquid that might contain trace amounts of alcohol. Then wait 15 minutes before submitting a breath sample. Remember that the alcohol is in your mouth, not your bloodstream (as it is with alcoholic drinks), so once you rinse, you should be good to go.

1. **QUESTION**: *"What are the TOP 5 CAUSES of False Positives of my ignition interlock?"*

**1. Mouthwash**

Most people who have to get ignition interlock devices are instructed to rinse their mouth with water after using mouthwash. This is because certain types of mouthwash can be up to 30 percent alcohol by volume, which is

only 5% less than drinks like Jägermeister. Simply washing your mouth with water and waiting fifteen minutes will allow an ignition interlock device to perform an accurate test. This is very important considering the fact that even Monitech, and Charlotte brand devices, arguably considered the most trusted on the market, can mistake rinsing with mouthwash with consumption of alcohol.

**2. Certain Diets**

Many individuals find out the hard way that certain diets or even being diabetic can cause a breathalyzer to return a false result. This is true for many ignition interlock devices as well. This occurs because diabetics and dieters have exceptionally high levels of acetone in their bodies. This acetone is misread as alcohol, which can cause someone to easily fail their test.

**3. Spicy Foods**

Unfortunately, for those who like a little zest in their life, eating spicy foods can actually cause a false positive on an ignition interlock device. This can be especially annoying for someone trying to drive home after having one too many enchiladas at the local Mexican restaurant. Unfortunately, some spicy foods can mix with the hydrochloric acid (HCl) in an individual’s stomach and create a gas known as methane. Much like the aforementioned plight of dieters and diabetics, this heightened level of methane can lead to a false positive. It’s sad to think that a person could end up back in jail just because they had a bit too much salsa.

**4. Chloraseptic**

Certain analgesics like Chloraseptic spray, much like mouthwash, contain alcohol. The alcohol in these products isn’t enough to cause intoxication when taken properly, but it is enough to cause a false positive on ignition interlock devices. Monitech systems are advertised to police agencies as devices that don’t cause false positives. Unfortunately, this may only be part of the truth. Returning a positive result for Chloraseptic sprays may be accurate in the sense that it is reading alcohol, but when it comes to legal intoxication, it is far off.

**5. Cinnamon Rolls or Donuts**

Surprisingly enough, both donuts and cinnamon rolls can sometimes result in false positives. This is due strictly to the fact that these foods contain yeast and sugar, and these two ingredients are used to produce alcohol. Subsequent tests will likely show that the initial one was inaccurate, and rinsing your mouth with water can help prevent this misread. A person who fails a rolling test due to these sweet treats, or any reason for that matter, should refrain from immediately stopping and simply wait for the upcoming retest. These retests will usually show that the initial test was inaccurate and serve as great evidence if the issue leads to court.

## What Can Cause a False Positive Breathalyzer?

Several *other* factors can cause a false positive breathalyzer test.

These include:

* Calibration of the equipment
* Medical conditions
* Time the test is given in relation to drinking
* Contamination

Medical conditions and medications that create acid in the stomach and esophagus (heart burn or indigestion) could result in a false positive breathalyzer. That’s because they increase the BAC levels in the blood and may leave some presence of alcohol in the mouth. Time of Test: if a breathalyzer is administered at a certain point when the alcohol is being absorbed, it can cause a false positive. This is because the blood alcohol content may rise and then fall after being consumed and it may appear that a person is over the legal limit even though their actual blood alcohol content may be below. Contamination: breathalyzer tests could easily be contaminated by outside factors, like the device not being cleaned properly or chemicals in the air. Any of these factors can cause the reading to be a false positive breathalyzer result.

A false positive on an ignition interlock device can be extremely detrimental for a person who has already racked up a DUI conviction. Anyone who experiences one of these false results needs to immediately note exactly what they were doing both before and during the test. If someone fails a rolling test, it’s not a bad idea to stop at a police station and ask for a breathalyzer test to show that the interlock device was inaccurate.