

SHOULD YOU DRIVE THE MORNING

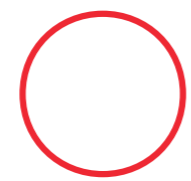


NHS guidance:
Men should not regularly drink more than **3-4 units** of alcohol a day.
Women should not regularly drink more than **2-3 units** a day.
 If you've had a heavy drinking session, avoid alcohol for 48 hours.

QUICK REFERENCE ⁺ 1hr

Use this guide to work out the earliest time you would be safe to drive. Number of units + 1 hour = minimum time to allow before driving.

AFTER



You may not be aware of how long it takes for alcohol to leave the system and you could still be over the drink drive limit the morning after, even if you feel fine.

Drinking coffee, sleeping, or having a shower doesn't work. Time is the only way to get alcohol out of your system.

If you are planning on driving the next day make sure you know your limits. Never drive if there's even a slim chance you are still 'under the influence'.

The actual time it can take for alcohol to leave your body can vary depending on your weight, whether you're male or female, your age, how fast or slow your metabolism is, how much food you have eaten and whether you're taking medication.

As a guide you can use the unit calculation to work out the earliest time you would be safe to drive.

Number of units + 1 hour = minimum time to allow before driving. The examples included in this leaflet are guides only.

REMEMBER TO ⁺ 1hr

3.5 hrs	Large glass of wine (13% 250ml)	2.5 hrs	1 pint of beer or cider (4%)
1.5 hrs	Spirits (40%) (Single 35ml Double 70ml)	2 hrs	Alcopop (275ml) or Lager (330ml)(5%)

Wine 1x 3.5 hrs **3.5 Units** = **3.5 hrs**

Alcopop or Lager 1x 2 hrs **2.0 Units** = **2 hrs**

Spirits 1x 1.5 hrs **1.5 Units** = **1.5 hrs**

Pints 1x 2.5 hrs **2.5 Units** = **2.5 hrs**

5% Bottles
330ml bottles of Becks, Bud, Stella or 275ml bottle of WKD, Smirnoff are 2 hr drinks. 2 hrs **2.0 Units** = **2 hrs**

4% Beer & Cider
Average strength drinks like Fosters & Guinness are 2½ hr pints. 2.5 hrs **2.5 Units** = **2.5 hrs**










5% Beer & Cider
Stronger drinks like Stella, Kronenbourg & Strongbow are 3 hr pints. 3 hrs **3.0 Units** = **3 hrs**

REMEMBER TO + 1hr

Large glass of wine (13% 250ml) 3.5 hrs
 1 pint of beer or cider (4%) 2.5 hrs
 Spirits (40%) (Single 35ml Double 70ml) 3 hrs
 Alcopop (275ml) or Lager (330ml)(5%) 2 hrs

THINK YOU KNOW YOUR DRINK?



Wine	A glass of 13% wine (250ml) is a 3½ hr drink.  3.5 hrs	Drinks consumed  3.5 hrs 3.5 hrs 3.5 hrs	Allow 1 hr to get into your system Consumed drinks + 1 + 1 hr = 11.5 hrs	May not be safe to drive until 11pm → 10:30 am	A glass of 15% wine (250ml) is a 4½ hr drink. If you drink three glasses of 15% wine (250ml) you should not drive for 14½ hours. Therefore if you finish drinking at 11pm it means not driving again before 1:30pm the following day.
Pints	A pint of 4% average strength beer or cider is a 2½ hr drink.  2.5 hrs	Drinks consumed  2.5 hrs 2.5 hrs 2.5 hrs 2.5 hrs	Allow 1 hr to get into your system Consumed drinks + 1 + 1 hr = 11 hrs	Finish Drinking May not be safe to drive until 11pm → 10am	A pint of 5% strong strength beer or cider is a 3 hr drink. Drink four pints of 5% beer or cider and you shouldn't drive for at least 13 hours from finishing your last pint. So if you call it a night at 11pm you are not safe to drive again before noon the following day at the earliest.
Spirits	A double 40% (70ml) shot is a 3 hr drink.  3 hrs	Drinks consumed  3 hrs 3 hrs 3 hrs	Allow 1 hr to get into your system Consumed drinks + 1 + 1 hr = 10 hrs	Finish Drinking May not be safe to drive until 11pm → 9 am	A single 40% (35ml) shot is a 1½ hr drink. If you drink five single 40% shots you should leave 8½ hours before driving. If you were to finish drinking at 11pm you are not safe to drive again until 7:30am the following day.
Bottles	A 5% bottle of lager is a 2½ hr drink. A 5% alcopop is a 2 hr drink.  2 hrs	Drinks consumed  2 hrs 2 hrs 2 hrs 2 hrs 2 hrs 2 hrs	Allow 1 hr to get into your system Consumed drinks + 1 + 1 hr = 13 hrs	Finish Drinking May not be safe to drive until 11pm → 12pm	Your best option is not to drink alcohol if you plan to drive. Even if you are below the legal limit, a small amount of alcohol will seriously alter your ability to drive. Reaction times may be slowed and judgement of risk, speed and distance may be impaired.
Mixed	Mixing your drinks. 	Drinks consumed  3.5 hrs 3.5 hrs 2.5 hrs 1.5 hrs 1.5 hrs	Allow 1 hr to get into your system Consumed drinks + 1 + 1 hr = 13.5 hrs	Finish Drinking May not be safe to drive until 11pm → 12:30 pm	

HOME MEASURES Partying at home or at friends? Mind your measures as they may be larger than you think. Allow extra time before you drive.