

the

RED CUP

Q&A



separating alcohol fact from fiction

Q How long does it take for alcohol to leave your system?

A. It depends on how much you drink, how much you weigh, and the speed at which your liver enzymes metabolize alcohol. No amount of caffeine (coffee, soda, energy drinks) will make the enzymes work faster. Time alone will sober you up.

While your blood alcohol concentration (BAC) can rise quickly, BAC goes down at a slow and predictable rate. The average body will metabolize between .015 and .020 BAC per hour (that's 4-5 hours to zero for someone at .08).

The following charts show the number of hours it takes to reach zero BAC (no alcohol in the blood stream). Each chart factors body weight and number of drinks. Using these charts, you can manage your drinking and plan ahead to be completely sober for your next exam or work shift. Remember: One drink = 12 oz. of beer, 4-5 oz. of wine or 1oz. of liquor.

Hours to Zero BAC for MEN

NUMBER OF DRINKS	NUMBER OF HOURS	15	13.5	11.5	10.5	10	9
		140	160	180	200	220	240
9		15	13.5	11.5	10.5	10	9
8		13.5	12	10	9	9	8
7		12	10.5	9	8	8	7
6		10	9	8	7	6.5	6
5		8.5	7.5	6.5	6	5.5	5
4		7	6	5.5	5	4.5	4
3		5	4.5	4	3.5	3.5	3
2		3.5	3	3	2.5	2	2
1		2	2	1.5	1	1	1
BODY WEIGHT:		140	160	180	200	220	240

Hours to Zero BAC for WOMEN

NUMBER OF DRINKS	NUMBER OF HOURS	26	21.5	18.5	16	14.5	13
		100	120	140	160	180	200
9		26	21.5	18.5	16	14.5	13
8		23	19	16.5	14.5	13	11.5
7		20	17	14.5	12.5	11.5	10
6		17.5	14	12.5	11	9.5	8.5
5		14.5	12	10.5	9	8	7
4		12	9.5	8.5	7	7	5.5
3		9	7	6.5	5.5	5	4.5
2		6	5	4	3.5	3	3
1		3	2.5	2	2	1.5	1.5
BODY WEIGHT:		100	120	140	160	180	200

wildfact

If a drunk friend has a pulse rate less than 40 beats per minute, call 911.



Got a question about alcohol?



CAMPUS HEALTH

Email it to redcup@email.arizona.edu

www.health.arizona.edu

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