

# HOW LONG BEFORE YOU'RE SAFE TO DRIVE?



## THREE TIPS TO STAY SAFE AND LEGAL

1. Know when you are next planning to drive.  
If it's the next day, calculate the maximum you can drink using this guide and stay well under this.
2. Know what you are drinking.  
If you drink a weird cocktail invented by your mate, it will be impossible to calculate when it will be safe for you to drive again.
3. Avoid unknown drinks altogether.  
It keeps you in control, is usually cheaper - and helps you avoid a killer hangover...

For more information go to:  
[www.morning-after.org.uk](http://www.morning-after.org.uk)



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# THE 'MORNING AFTER' CALCULATOR

A rough guide to help you stay safe to drive - and avoid a drink drive conviction



[www.morning-after.org.uk](http://www.morning-after.org.uk)

# IT'S ALL ABOUT TIMING

Nearly one in six convicted drink-drivers are caught the morning after drinking.

How much have you drunk, when did you stop drinking, and when do you plan to drive? Crucial questions to answer if you want remain safe and legal to drive - and avoid a drink drive conviction.

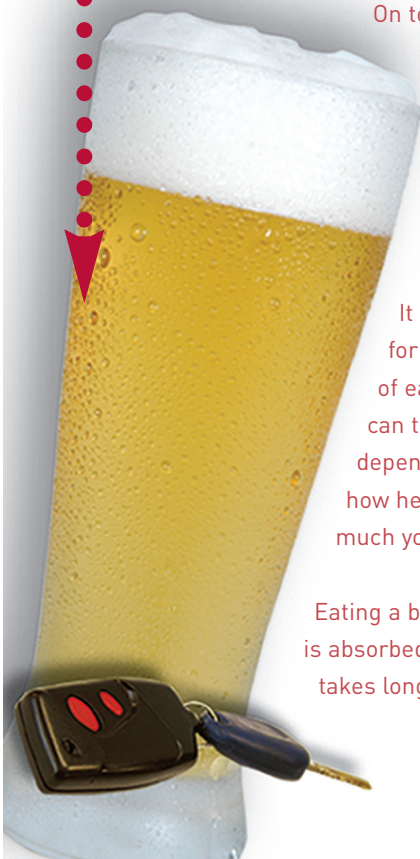
## HOW LONG DOES IT TAKE?

This leaflet explains how to calculate *roughly* how long it takes to be alcohol free - you can use it when out drinking.

On top of the times given here, you need to add an hour - this is how long it takes for alcohol to be absorbed into your blood stream.

It takes about one hour for your body to rid itself of each unit of alcohol, but can take much longer. It depends on factors including how healthy you are and how much you've eaten.

Eating a big meal means alcohol is absorbed more slowly - so it takes longer to sober up.



## PINTS OF BEER OR CIDER

**4% beers and ciders** - average strength beers and ciders are 2-hour pints. Each pint takes at least 2 hours to leave your blood stream from when you stop drinking.

**5.5% beers and ciders** - stronger beers and ciders are 3-hour pints.

If you drink four pints of strong lager you can't drive for at least 13 hours from finishing your last pint. If you finish at midnight, you probably aren't safe until after 1pm the next day.

## BOTTLES

**250ml - 330ml bottles of 5.5% beer** - bottles of this size and strength are 2-hour bottles.

**Large 550ml bottles of beer** - are 3-hour bottles.

**275ml - 330ml alcopops** - are a 2-hour drink.

Drink five large bottles of beer and you can't drive for at least 16 hours. That's 4pm the following day if you finish drinking at midnight.

## CANS OF BEER OR CIDER

**3%-4% cans** - are a 2-hour drink.

**5%-5.5% cans** - are a 2.5-hour drink.

**Super strength cans** - can be a whopping 7.5%-9%.

A 7.5% can is a 3.5-hour drink. A 9% can is a 4-hour drink.

Drink five super-strength cans and you can't drive for about 21 hours - almost a full day later.

## MEASURES OF SPIRITS

It doesn't matter what mixer you use. The alcohol takes the same amount of time to leave your system whether your vodka's just on ice or in a large glass of orange juice. Pub measures vary. 25ml (one unit) used to be standard, but 35ml is now more common.

**A 25ml shot** - is a 1-hour drink.

**A 35ml shot** - is 1.5-hour drink.

**A 70ml double** - is a 3-hour drink.

If you are pouring spirits yourself at a party, you'll probably pour generous doubles, triples or more. Take this into account when calculating your hours.

Drink four 70ml doubles and you can't drive for 13 hours - that's 1pm the next day if you drank your last double at midnight.

## GLASSES OF WINE

There are several different wine glass sizes and wine comes in different strengths - from 12%-15%.

**A 250ml glass of 15% wine** - is a 4-hour drink.

Drink a bottle of 15% wine - just three 250ml glasses - and you can't drive for 13 hours - 1pm the next day if you finish at midnight.

## MEN v. WOMEN

It takes exactly the same amount of time for women to lose alcohol from their blood stream as men. Their livers work at the same speed.

