

Auto-Brewery Syndrome Test Protocol

(May be performed initially in an unsecured setting, however, for forensic purposes the test should be performed (or repeated) in a secure environment (search belongings, in a securely supervised setting where no ethanol is available, etc))

Overnight Fast (NPO p 10pm)

AM Urine EtG and EtS

Pre-test (blood sugar & blood alcohol)

Administer glucose (as with a glucose tolerance test – may use glucola)

Follow protocol for glucose tolerance test* and perform a blood alcohol with each blood draw

Several hours after completing Glucose Tolerance Test collect another Urine EtG and EtS

Collect a urine EtG and EtS the following morning (day after test)(first morning specimen preferred)

***Glucose Tolerance Test Protocol**

- A. Patient ingests Glucola Drink
- B. **Blood Glucose** measured at 4 times
 1. Fasting baseline before Glucola
 2. Hour 1 after Glucola
 3. Hour 2 after Glucola
 4. Hour 3 after Glucola

“Home version of Auto-brewer test”

If desired, a “home” version of this can be performed by sending an EtG and EtS, then eating a sugar load (anything with lots of sugar) and then sending another EtG and EtS several hours later. (EtG and EtS peak at about 3-4 hours).

Please report the findings of the test to Greg Skipper, MD at gregskipper@usa.net