

**Alcohol and Driving - Minimum Hours Needed for Body to
Remove Each Unit of Alcohol** (average processing times, average build man with healthy liver)

Drink	Units	Hours for Body to Process (1 hour per unit)	Time stopped drinking	Minimum Time You Can Drive Again
	2	2	1 pm	3 pm
	12	12	11 pm	11 am next day
	24	24	11 pm	11 pm next day
	14	14	Midnight	2 pm next day
	7	7	2 am	9 am next day
	4	4	Midnight	4 am next day
	6	6	2 pm	8 pm same night
	8	8	10 pm	6 am next day
	9	9	9 pm	6 am next day
	20	20	1 am	9 pm next day

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 <p>2 hours</p> <p>Standard glass of wine (175ml) 11.5% ABV 2 units</p>	 <p>3 hours</p> <p>Large glass of wine (250ml) 12% ABV 3 units</p>	 <p>9 hours</p> <p>Bottle of wine (750ml) 12% ABV 9 units</p>
 <p>3 hours</p> <p>Pint of strong lager or beer 5.3% ABV 3 units</p>	 <p>2 hours</p> <p>Pint of normal strength lager or beer 3.5% ABV 2 units</p>	 <p>2 hours</p> <p>Can of normal strength lager (500ml) 4% ABV 2 units</p>
 <p>2 hours</p> <p>Spirits double (50ml) 40% ABV 2 Units</p>	 <p>1.5 hours</p> <p>Alcopop bottle (275ml) 5% ABV 1.4 units</p>	 <p>1 hour</p> <p>Spirits single (25ml) 40% ABV 1 unit</p>

Alcohol and Driving

The safest option is not to drink any alcohol at all if you plan to drive. Even a small amount of alcohol can affect your ability to drive, and there's no safe way to tell whether you're within the legal limit.

What's the legal limit?

In England, Wales and Northern Ireland, the legal alcohol limit for drivers is:

80 milligrams of alcohol for every 100 millilitres of blood in your body

35 micrograms of alcohol for every 100 millilitres of breath

107 milligrams of alcohol for every 100 millilitres of urine

There's no safe way to calculate how much alcohol you can drink to stay below the legal limit.

Alcohol's effect on the body varies between different people and depends on factors such as:

your gender, your age, your weight, what you've eaten and the health of your liver.

Effects of alcohol on driving

Any amount of alcohol affects your judgment and your ability to drive safely. You may not notice the effects but even a small amount of alcohol can:

reduce your co-ordination, slow down your reactions, affect your vision, affect how you judge speed and distance, make you drowsy.

Alcohol can also make you more likely to take risks, while feeling safe and in control.

How long do the effects last?

If you drink in the evening, you may be unfit to drive the next morning.

There's no quick way of sobering up. Drinking coffee or taking a cold shower won't help.

Drink driving

In 2013, 260 people were killed and 1,100 were seriously injured as a result of drink driving.

More than 70,000 people every year are caught drink driving.

If you fail a roadside breath test and are found guilty of drink driving, you may get:

six months in prison, an unlimited fine, a minimum 12 months driving ban, a criminal record