

EASA AND NATIONAL REGULATION



As per EASA regulations, the prohibited period of alcohol intake before flight is specified in Part-FCL (Flight Crew Licensing) Subpart C - Medical Certification, and more specifically in AMC1 FCL.135(c) — Alcohol and Drugs.

According to this regulation, flight crew members must abstain from consuming alcohol for a certain period before flight duty. The key points of the regulation are:

BLOOD ALCOHOL CONCENTRATION LIMIT (BAC): Flight crew members must not perform their duties while under the influence of alcohol. The Italian regulation sets a limit for the blood alcohol concentration (BAC) at **0.0 grams** per deciliter or lower, as measured by a breathalyzer test.

PROHIBITED PERIOD: Flight crew members are prohibited from consuming alcoholic beverages during the period of **8 hours** before the commencement of flight duty or while under the influence of alcohol. (Please note that 8 hours is an average time depending on the quantity and the subject's ability to process the alcohol efficiently)

FITNESS FOR DUTY: Flight crew members must be fit for duty at the commencement of flight duty. If there is any doubt about their fitness for duty due to alcohol consumption, they must not undertake or continue flight duties.

PSYCHOACTIVE SUBSTANCES



LIST OF COMMONLY PROHIBITED SUBSTANCES AS PER EASA REGULATION

ILLICIT DRUGS :

This category includes substances such as **cocaine, heroin, marijuana (cannabis), MDMA (Ecstasy), LSD, amphetamines, and methamphetamines.**

PRESCRIPTION DRUGS NOT APPROVED FOR AVIATION USE:

Certain prescription medications, including **sedatives, tranquilizers, and other psychoactive drugs**, can impair cognitive and physical abilities and are not approved for use by aviation personnel.

OVER-THE-COUNTER MEDICATIONS:

Some over-the-counter medications, including **certain antihistamines, decongestants, and sleep aids**, can cause drowsiness or other side effects that may impair performance and are therefore not tolerated for aviation personnel.

ALCOHOL:

The consumption of alcohol is strictly prohibited for pilots and cabin crew members in the period leading up to and during flight duty. EASA regulations **set specific blood alcohol concentration limits**, and individuals found to exceed these limits are considered unfit for duty.



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The rate at which drugs are eliminated from the body can vary greatly depending on several factors, including the type of drug, the dose taken, individual metabolism and other personal factors.

It is important to emphasize that these estimates are approximate and may vary depending on various factors. Additionally, the detection time may differ for different types of tests (e.g., blood tests, urine tests, hair tests).

Here is a rough estimate of the time it takes to dispose of some common drugs:

ALCOHOL: The body typically metabolizes alcohol at a rate of about 0.015-0.020 grams per deciliter (g/dL) of blood per hour. This means it can take approximately 5-7 hours to eliminate the alcohol present in a standard drink from the bloodstream.

CANNABIS (THC): THC, the active ingredient in cannabis, can be detected in the blood for several hours up to several days depending on the frequency and quantity of consumption. However, in occasional users, THC can be detectable in the blood for about 1-3 days, while in habitual users, it can persist for much longer, up to several weeks.

COCAINE: Cocaine and its metabolites can be detected in the blood for about 1-2 days after use.

AMPHETAMINES: Amphetamines and their metabolites can be detected in the blood for about 1-3 days after use.

OPIOIDS (such as heroin or oxycodone): Opioids can be detected in the blood for about 1-2 days after use, although this may vary depending on the type of opioid and individual metabolism.

INTERAZIONI ESAMI URINE - FALSI POSITIVI



ANTINFIAMMATORI

- *Acido niflumico*
- *Ketoprofene*

ANTIBIOTICI

- *Eritromicina*
- *Ofloxacina*

ANALGESICI

- *Levorfanolo*
- *Meperidina*

ANTIACIDO

- *Pantoprozolo*
- *Omeprazolo*

ANTISTAMINICI

- *Prometazina*
- *Difenidramina*

ANTIASMATICI

- *Efedrina*