

# SCREENING FOR ALCOHOL USE

**ASK:** How much alcohol do you drink?

Does not drink alcohol

**LOW RISK:**

1. **ADVISE** that no alcohol is the safest choice when planning or during pregnancy.

Drinks alcohol

**ASK:**

1. In a typical week, on how many days do you drink?
2. On those days, how many drinks are usual?
3. Administer T-ACE screening test (see other side).

Watch for signs and symptoms of alcohol use.

T-ACE Score: 0 to 5

**ALL PREGNANT WOMEN WHO DRINK ALCOHOL:**

1. **ADVISE** that it is safest to stop drinking
2. **ADVISE** by providing personalized feedback and information
3. **ADVISE** women unable to stop drinking, to reduce drinking
4. **ASSIST** through referral to appropriate resources
5. **ASSIST** through continued follow-up and support

T-ACE Score: 2 to 5

**POSSIBLE AT-RISK:**

1. **NEED** for further assessment
2. **ASSESS** readiness and ability to stop drinking
3. **ASSESS** level of alcohol dependence
4. **ARRANGE** for medical detoxification

**ADVISE** to contact the Motherisk Alcohol and Substance Use in Pregnancy HelpLine at 1-877-327-4636.



# T - ACE Questionnaire

**Tolerance** - How many drinks does it take to make you feel high?

Score 2 for more than 2 drinks  
Score 0 for 2 drinks or less

**Annoyance** - Have people annoyed you by criticizing your drinking?

Score 1 point if Yes

**Cut Down** - Have you felt you ought to cut down your drinking?

Score 1 point if Yes

**Eye Opener** - Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

Score 1 point if Yes

**Possible At-Risk Score** - 2 or more points

**Maximum** - 5 points



Adapted from: Sokol et al., 1989

**best start**  
**meilleur départ**

Ontario's maternal, newborn and early  
child development resource centre  
Centre de ressources sur la maternité,  
les nouveau-nés et le développement  
des jeunes enfants de l'Ontario

**Motherisk\***



**Ontario**  
Early Years