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

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.

Adapted from: The College of Physicians and Surgeons of Manitoba (2000). Guideline 647:Fetal Alcohol Syndrome
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

**High Risk Score:** 2 or more points

**Maximum:** 5 points

Adapted from: Sokol et al., 1989