

T-ACE Questionnaire

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

Score 2 points 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 ever 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 hang over?

Score 1 point if Yes

High Risk Score – 2 or more points
Maximum Score – 5 points

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

In addition to using T-ACE with all pregnant patients:

- Ask about frequency and quantity of alcohol use.
- Watch for signs and symptoms of alcohol use.
- Provide personalized advice and information.
- Assist through follow-up and support.
- Provide appropriate referrals as necessary.



Bookmark (front)

Health Care Provider Information about Alcohol and Pregnancy

Motherisk Alcohol and Substance Use in Pregnancy Helpline
1-877-327-4636

Motherisk website
www.motherisk.org

Online Journal about FAS
www.motherisk.org/JFAS/

FASD Information and Consultation Service
www.ccsa.ca

DART: The Ontario Drug and Alcohol Registry of Treatment
www.dart.on.ca

Health Canada
www.healthcanada.ca/fas

Best Start, resources and CME training on alcohol and pregnancy
www.beststart.org
www.alcoholfreepregnancy.ca
1-800-397-9567, press 3

Be Safe: Promote Alcohol-Free Pregnancies

- There is no known safe amount of alcohol during pregnancy.
- There is no safe time to drink during pregnancy.
- Alcohol use during pregnancy can cause brain damage and birth defects.



Bookmark (back)