A POCKET GUIDE FOR
Alcohol Screening and Brief Intervention

Updated 2005 Edition

This pocket guide is condensed from the 34-page NIAAA guide, Helping Patients Who Drink Too Much: A Clinician’s Guide.

Visit www.niaaa.nih.gov/guide for related professional support resources, including:

- patient education handouts
- preformatted progress notes
- animated slide show for training
- materials in Spanish

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HOW TO SCREEN FOR HEAVY DRINKING

STEP 1  Ask About Alcohol Use

Ask: Do you sometimes drink beer, wine, or other alcoholic beverages?

NO

Screening complete.

YES

Ask the screening question about heavy drinking days:

How many times in the past year have you had . . .

5 or more drinks in a day? (for men)
4 or more drinks in a day? (for women)

One standard drink is equivalent to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof spirits.

Is the answer 1 or more times?

NO

YES

- Advise staying within these limits:
  Maximum Drinking Limits
  For healthy men up to age 65—
  - no more than 4 drinks in a day AND
  - no more than 14 drinks in a week
  For healthy women (and healthy men over age 65)—
  - no more than 3 drinks in a day AND
  - no more than 7 drinks in a week

- Recommend lower limits or abstinence as indicated: for example, for patients who take medications that interact with alcohol, have a health condition exacerbated by alcohol, or are pregnant (advise abstinence).

- Rescreen annually.

- Your patient is an at-risk drinker. For a more complete picture of the drinking pattern, determine the weekly average:
  - On average, how many days a week do you have an alcoholic drink?
  - On a typical drinking day, how many drinks do you have?
  Weekly average

- Record heavy drinking days in past year and weekly average in chart.

GO TO STEP 2
Next, determine if there is a maladaptive pattern of alcohol use, causing clinically significant impairment or distress.

**Determine whether, in the past 12 months, your patient’s drinking has repeatedly caused or contributed to**

- risk of bodily harm (drinking and driving, operating machinery, swimming)
- relationship trouble (family or friends)
- role failure (interference with home, work, or school obligations)
- run-ins with the law (arrests or other legal problems)

If yes to **one or more** → your patient has alcohol abuse.

*In either case, proceed to assess for dependence symptoms.*

Determine whether, in the past 12 months, your patient has

- not been able to stick to drinking limits (repeatedly gone over them)
- not been able to cut down or stop (repeated failed attempts)
- shown tolerance (needed to drink a lot more to get the same effect)
- shown signs of withdrawal (tremors, sweating, nausea, or insomnia when trying to quit or cut down)
- kept drinking despite problems (recurrent physical or psychological problems)
- spent a lot of time drinking (or anticipating or recovering from drinking)
- spent less time on other matters (activities that had been important or pleasurable)

If yes to **three or more** → your patient has alcohol dependence.

**Does patient meet criteria for abuse or dependence?**

**NO**
- GO TO STEPS 3 & 4 for AT-RISK DRINKING

**YES**
- GO TO STEPS 3 & 4 for ALCOHOL USE DISORDERS
HOW TO CONDUCT A BRIEF INTERVENTION

FOR AT-RISK DRINKING (no abuse or dependence)

STEP 3  Advise and Assist

- State your conclusion and recommendation clearly and relate them to medical concerns or findings.
- Gauge readiness to change drinking habits.

Is patient ready to commit to change?

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NO

- Restate your concern.
- Encourage reflection.
- Address barriers to change.
- Reaffirm your willingness to help.

YES

- Help set a goal.
- Agree on a plan.
- Provide educational materials. (See www.niaaa.nih.gov/guide.)

STEP 4  At Followup: Continue Support

REMINDER: Document alcohol use and review goals at each visit.

Was patient able to meet and sustain drinking goal?

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NO

- Acknowledge that change is difficult.
- Support positive change and address barriers.
- Renegotiate goal and plan; consider a trial of abstinence.
- Consider engaging significant others.
- Reassess diagnosis if patient is unable to either cut down or abstain.

YES

- Reinforce and support continued adherence to recommendations.
- Renegotiate drinking goals as indicated (e.g., if the medical condition changes or if an abstaining patient wishes to resume drinking).
- Encourage to return if unable to maintain adherence.
- Rescreen at least annually.
**STEP 3 Advise and Assist**

- State your conclusion and recommendation clearly and relate them to medical concerns or findings.
- Negotiate a drinking goal.
- Consider evaluation by an addiction specialist.
- Consider recommending a mutual help group.
- For patients who have dependence, consider
  - the need for medically managed withdrawal (detoxification) and treat accordingly.
  - prescribing a medication for alcohol dependence for patients who endorse abstinence as a goal.
- Arrange followup appointments, including medication management support if needed.

**STEP 4 At Followup: Continue Support**

REMINDER: Document alcohol use and review goals at each visit.

**Was patient able to meet and sustain drinking goal?**

- **NO**
  - Acknowledge that change is difficult.
  - Support efforts to cut down or abstain.
  - Relate drinking to ongoing problems as appropriate.
  - Consider (if not yet done):
    - consulting with an addiction specialist.
    - recommending a mutual help group.
    - engaging significant others.
    - prescribing a medication for alcohol-dependent patients who endorse abstinence as a goal.
  - Address coexisting disorders—medical and psychiatric—as needed.

- **YES**
  - Reinforce and support continued adherence.
  - Coordinate care with specialists as appropriate.
  - Maintain medications for alcohol dependence for at least 3 months and as clinically indicated thereafter.
  - Treat coexisting nicotine dependence.
  - Address coexisting disorders—medical and psychiatric—as needed.
WHAT’S A STANDARD DRINK?

A standard drink in the United States is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents as well as the number of standard drinks in different container sizes for each beverage. These are approximate, since different brands and types of beverages vary in their actual alcohol content.

<table>
<thead>
<tr>
<th>STANDARD DRINK EQUIVALENTS</th>
<th>APPROXIMATE NUMBER OF STANDARD DRINKS IN:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEER or COOLER</strong></td>
<td></td>
</tr>
<tr>
<td>12 oz.</td>
<td>• 12 oz. = 1</td>
</tr>
<tr>
<td>~5% alcohol</td>
<td>• 16 oz. = 1.3</td>
</tr>
<tr>
<td></td>
<td>• 22 oz. = 2</td>
</tr>
<tr>
<td></td>
<td>• 40 oz. = 3.3</td>
</tr>
<tr>
<td><strong>MALT LIQUOR</strong></td>
<td></td>
</tr>
<tr>
<td>8–9 oz.</td>
<td>• 12 oz. = 1.5</td>
</tr>
<tr>
<td>~7% alcohol</td>
<td>• 16 oz. = 2</td>
</tr>
<tr>
<td></td>
<td>• 22 oz. = 2.5</td>
</tr>
<tr>
<td></td>
<td>• 40 oz. = 4.5</td>
</tr>
<tr>
<td><strong>TABLE WINE</strong></td>
<td></td>
</tr>
<tr>
<td>5 oz.</td>
<td>• a 750-mL (25-oz.) bottle = 5</td>
</tr>
<tr>
<td>~12% alcohol</td>
<td></td>
</tr>
<tr>
<td><strong>80-proof DISTILLED SPIRITS</strong></td>
<td></td>
</tr>
<tr>
<td>1.5 oz.</td>
<td>• a mixed drink = 1 or more*</td>
</tr>
<tr>
<td>40% alcohol</td>
<td>• a pint (16 oz.) = 11</td>
</tr>
<tr>
<td></td>
<td>• a fifth (25 oz.) = 17</td>
</tr>
<tr>
<td></td>
<td>• 1.75 L (59 oz.) = 39</td>
</tr>
</tbody>
</table>

*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

Although the “standard” drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. In addition, while the alcohol concentrations listed are “typical,” there is considerable variability in alcohol content within each type of beverage (e.g., beer, wine, distilled spirits).
**DRINKING PATTERNS**

<table>
<thead>
<tr>
<th>WHAT’S YOUR DRINKING PATTERN?</th>
<th>HOW COMMON IS THIS PATTERN?</th>
<th>HOW COMMON ARE ALCOHOL DISORDERS IN DRINKERS WITH THIS PATTERN?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Based on the following limits—number of drinks:</td>
<td>Percentage of U.S. adults aged 18 or older</td>
<td>Combined prevalence of alcohol abuse and dependence</td>
</tr>
<tr>
<td>On any <strong>DAY</strong>—Never more than 4 (men) or 3 (women)</td>
<td>72%</td>
<td>fewer than 1 in 100</td>
</tr>
<tr>
<td>– and –</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In a typical <strong>WEEK</strong>—No more than 14 (men) or 7 (women):</td>
<td>16%</td>
<td>1 in 5</td>
</tr>
<tr>
<td>Never exceed the daily or weekly limits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2 out of 3 people in this group abstain or drink fewer than 12 drinks a year)</td>
<td>10%</td>
<td>almost 1 in 2</td>
</tr>
<tr>
<td>Exceed only the daily limit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(More than 8 out of 10 in this group exceed the daily limit less than once a week)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exceed both daily and weekly limits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(8 out of 10 in this group exceed the daily limit once a week or more)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Not included in the chart, for simplicity, are the 2 percent of U.S. adults who exceed only the weekly limits. The combined prevalence of alcohol use disorders in this group is 8 percent.

**Source:** 2001–2002 National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), a nationwide NIAAA survey of 43,093 U.S. adults aged 18 or older.
### Naltrexone

**Action:** Blocks opioid receptors, resulting in reduced craving and reduced reward in response to drinking.

**Contraindications:**
- Currently using opioids or in acute opioid withdrawal.
- Anticipated need for opioid analgesics.
- Acute hepatitis or liver failure.

**Precautions:**
- Severe renal impairment (CrCl ≤ 30 mL/min).
- Concomitant use of alcohol or alcohol-containing preparations or metronidazole.
- Coronary artery disease.
- Severe myocardial disease.
- Hypersensitivity to rubber (thiuram) derivatives.

#### Usual adult dosage
- **Oral dose:** 50 mg daily.
- **Before prescribing:** Patients must be opioid-free for a minimum of 7 to 10 days before starting. If you feel that there's a risk of precipitating an opioid withdrawal reaction, a naloxone challenge test should be employed. Evaluate liver function.

#### Laboratory followup:
- Monitor liver function.

- **IM dose:** 380 mg given as a deep intramuscular gluteal injection, once monthly.
- **Before prescribing:** Examine the injection site for adequate muscle mass and skin condition.

#### Laboratory followup:
- Monitor liver function.

### Extended-Release Injectable Naltrexone

**Action:** Same as oral naltrexone; 30-day duration.

**Contraindications:**
- Same as oral naltrexone, plus inadequate muscle mass for deep intramuscular injection; rash or infection at the injection site.

**Precautions:**
- Severe renal impairment (dose adjustment for CrCl between 30 and 50 mL/min).
- Depression or suicidal ideation and behavior.

#### Usual adult dosage
- **Oral dose:** 666 mg (two 333-mg tablets) three times daily; or for patients with moderate renal impairment (CrCl 30 to 50 mL/min), reduce to 333 mg (one tablet) three times daily.
- **Before prescribing:** Evaluate renal function. Establish abstinence.

#### Laboratory followup:
- Monitor liver function.

### Acamprosate

**Action:** Affects glutamate and GABA neurotransmitter systems, but its alcohol-related action is unclear.

**Contraindications:**
- Severe renal impairment (CrCl ≤ 30 mL/min).

**Precautions:**
- Other hepatic disease.
- Renal impairment.
- History of suicide attempts or depression.

#### Usual adult dosage
- **Oral dose:** 250 mg daily (range 125 mg to 500 mg).
- **Before prescribing:** Evaluate liver function. Warn the patient (1) not to take disulfiram for at least 12 hours after drinking and that a disulfiram-alcohol reaction can occur; (2) to avoid use of products that contain alcohol, such as sauces and vinegars, over-the-counter medications (e.g., cough syrups), and toiletries (e.g., cologne, mouthwash).

#### Laboratory followup:
- Monitor liver function.

### Disulfiram

**Action:** Inhibits intermediate metabolism of alcohol, causing a buildup of acetaldehyde and a reaction of flushing, sweating, nausea, and tachycardia if a patient drinks alcohol.

**Contraindications:**
- Concomitant use of alcohol or alcohol-containing preparations or metronidazole; coronary artery disease; severe myocardial disease; hypersensitivity to rubber (thiuram) derivatives.

**Precautions:**
- Hepatic cirrhosis or insufficiency.
- Cerebrovascular disease or cerebral damage.
- Psychoses (current or history).
- Diabetes mellitus.
- Epilepsy.
- Hypothyroidism.
- Renal impairment.

#### Usual adult dosage
- **Oral dose:** 250 mg daily (range 125 mg to 500 mg).
- **Before prescribing:** Evaluate liver function. Warn the patient (1) not to take disulfiram for at least 12 hours after drinking and that a disulfiram-alcohol reaction can occur; (2) to avoid use of products that contain alcohol, such as sauces and vinegars, over-the-counter medications (e.g., cough syrups), and toiletries (e.g., cologne, mouthwash).

#### Laboratory followup:
- Monitor liver function.

### Common side effects
- **Nausea; vomiting; decreased appetite; headache; dizziness; fatigue; somnolence; anxiety.**

### Examples of drug interactions
- **Opioid medications** (blocks action).

### Serious adverse reactions
- **Will precipitate severe withdrawal if the patient is dependent on opioids.**
- **Hepatotoxicity (although does not appear to be a hepatotoxin at the recommended doses).**

### Usual adult dosage
- **Oral dose:** 250 mg daily (range 125 mg to 500 mg).
- **Before prescribing:** Evaluate liver function. Warn the patient (1) not to take disulfiram for at least 12 hours after drinking and that a disulfiram-alcohol reaction can occur; (2) to avoid use of products that contain alcohol, such as sauces and vinegars, over-the-counter medications (e.g., cough syrups), and toiletries (e.g., cologne, mouthwash).

#### Laboratory followup:
- Monitor liver function.

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**Disclaimer:** The chart below contains excerpts from page 16 of NIAAA’s Helping Patients Who Drink Too Much: A Clinician’s Guide. It does not provide complete information and is not meant to be a substitute for the patient package inserts or other drug references used by clinicians. For patient information, visit [http://medlineplus.gov](http://medlineplus.gov).

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**Note:** Reprinted July 2016