

Alcohol Questionnaire

Dear Patient

In order to improve the health of our local community we have introduced a new health initiative to help people understand and possibly reduce their alcohol consumption. This provides an opportunity for you to discuss this in confidence with a member of our clinical team.

Most people know that drinking heavily can seriously affect your health. However, did you know that drinking alcohol slightly above the recommended limits can also have an impact on your health including raising your blood pressure and cholesterol, and increasing the risk of heart disease and cancer?

Please answer the questions on the back of this sheet and hand this sheet to the doctor or nurse that you are seeing today. You can use the diagram below to help you work out how much you are drinking every week. Thank you for your cooperation.

Low-risk drinking units are based upon 'standard' measures of alcohol. Most bottles and cans of beer have about the same amount of alcohol as a glass of wine or one shot of distilled spirits. When you think about how much you drink, be sure to count standard drinks.



A standard drink = 1 unit of alcohol

- A pint of ordinary (4%) strength lager (eg. Carling Black Label, Fosters) = **2.3 units**
- A pint of strong lager (eg. Stella Artois, Kronenbourg 1664) = **3 units**
- A pint of beer / ordinary strength ale (eg. John Smith's, Guinness) = **2.3 units**
- A pint of ordinary strength cider (Dry Blackthorn, Strongbow) = **3 units**
- A 440ml can of strong lager (eg. Stella Artois, Grolsch) = **2.2 units**
- A standard 175ml glass of red or white wine = **around 2 units**
- A small (25ml) measure of spirits = **1 unit**
- A large (35ml) measure of spirits = **1.4 units**
- A 275ml bottled alcopop (eg Smirnoff Ice, Bacardi Breezer) = **1.5 units**

Name:	Date of Birth
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Do you drink alcohol?	YES / NO	If yes, how many units per week? (see overleaf)	
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1	MEN: how often do you have EIGHT or more drinks on one occasion?				
	WOMEN: how often do you have SIX or more drinks on one occasion?				
	0 Never	1 Less than Monthly	2 Monthly	3 Weekly	4 Daily or almost Daily
2	How often during the last year have you been unable to remember what happened the night before because you had been drinking?				
	0 Never	1 Less than Monthly	2 Monthly	3 Weekly	4 Daily or almost Daily
3	How often during the last year have you failed to do what was normally expected of you because of drinking?				
	0 Never	1 Less than Monthly	2 Monthly	3 Weekly	4 Daily or almost Daily
4	In the last year has a relative, friend, doctor or any other health worker been concerned about your drinking and suggested you cut down?				
	0 No	2 Yes, on one occasion	4 Yes, on more than one occasion		

Thank you for completing this questionnaire. Please hand it to reception.