

T-ACE Screening for Alcohol Use

standard drink = - 1 bottle beer
- 5 ounces wine
- 1½ ounce liquor

On a typical day, how many drinks do you have? _____

On a typical week, how many drinks do you have? _____

Total amount on a single day since becoming pregnant _____

T - TOLERANCE

How many drinks does it take for you to feel an effect?

- Score 2 for more than 2 drinks
- Score 0 for 2 drinks or fewer

A - ANNOYANCE

Have people annoyed you by criticizing your drinking?

- Score 1 for yes

C - CUT DOWN

Have you ever felt you ought to cut down on your drinking?

- Score 1 for yes

E - EYE OPENER

Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hang-over?

- Score 1 for yes

TOTAL SCORE (Maximum - 5 points)

A total of 3 or more points suggests a serious problem and a need for further assessment.

Mark Score

Did you know that ...

- * it is safest to stop drinking and avoid street drugs and tobacco when you are pregnant?
- * only drugs and medications recommended by your doctor or a pharmacist should be taken during pregnancy?
- * it is recommended that you tell your health-care provider about any alcohol use during pregnancy?
- * drinking alcohol and the use of some drugs/medications impairs driving?

For more information...

Ask your public health nurse, public health nutritionist, or your health-care provider for more information about using alcohol and drugs during pregnancy.

Addiction Services: Check your telephone book under Addiction Services for local services nearest you or on the web at: <http://www.gnb.ca/health>

Motherisk Alcohol and Substance Use helpline:
1- 877- 327- 4636 (toll-free) or www.motherisk.org

Smokers' Helpline: 1-877-513-5333 (toll-free)