

WHAT TO ASK

- When was the last time you had more than 3/4 drinks in one day?
3 for all women and men >65 yrs. • 4 for men
- How many drinks do you have per week?

A STANDARD DRINK

- Any drink that contains about 14 grams of alcohol.



12 oz. beer • 5 oz. wine • 1.5 oz. brandy • 1.5 oz. liquor*

POSITIVE SCREEN IF: more than 3/4 drinks in one day within the past 3 months

More than 14 for men and more than 7 for women and men >65 yrs. in a week within the past 3 months

ANY ALCOHOL USE for patients under 21 years or pregnant women is a positive screen.



ADVISE STAYING WITHIN THESE 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

LOWER LIMITS OR ABSTINENCE FOR THOSE WHO

- Take medications that interact with alcohol
- Have a health condition exacerbated by alcohol
- Are pregnant (advise abstinence)

- **EXPRESS OPENNESS** to talking about alcohol use and any concerns it may raise
- **RESCREEN** annually
- **LEARN MORE** about substance use prevention
www.coloradoguidelines.org/guidelines/sbirt.asp



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