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.

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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