FREE RESOURCE FROM RETHINK DRINK

Before You See Your GP

Getting ready takes about ten minutes. Do these steps, fill in the checklist on page 2, and take it with you.

1 Work out your units

Scan the code and enter a typical week of drinking. Note your total units for the week and your heaviest day. Be honest: the numbers only help if they're real.

Units calculator

2 Do the AUDIT-C test

Three quick questions, and the same short check many GPs use. Scan the code, answer honestly, and note your score.

AUDIT-C test

3 Fill in your checklist (page 2)

Your numbers, your goal, what you've tried, every medicine you take (including painkillers) and any withdrawal signs. It takes five minutes and saves you trying to remember it all in the room.

4 Know your local service

Your GP may refer you to your local alcohol service. In many areas of England you can also refer yourself. It's free and confidential. Scan to find yours.

NHS service finder

"If I could go back, I'd walk in knowing my numbers and telling the whole truth."

Matt Brindley, co-founder, Rethink Drink

Please look after yourself. If you drink every day, or you get shaky, sweaty or anxious when you stop, don't stop or cut down sharply on your own: speak to your GP or local alcohol service first. If someone has a seizure, confusion, or sees or hears things that aren't there after stopping or cutting down, call 999. Drinkline, free and confidential: 0300 123 1110.

TAKE THIS TO YOUR APPOINTMENT

My checklist

To help make the most of your appointment with your GP.

RETHINK DRINK

1 My numbers

UNITS A WEEK	HEAVIEST DAY (UNITS)	AUDIT-C SCORE

2 About me

My goal:

☐ Stop ☐ Drink less ☐ Not sure yet

What I've tried, and what happened:

Every medicine I take, including painkillers:

Withdrawal signs I've noticed:

☐ Shakes ☐ Sweats ☐ Nausea without a drink ☐ Needing a drink in the morning

☐ None

3 What I'd like to say

> *"I'm drinking more than I want to, finding it difficult to control, and I'd like to understand what help is available. I'm drinking around ____ units a week, with ____ units being a particularly heavy day. I've done the AUDIT-C test, and scored ____. What are my options, including medication assisted treatments, and which would suit me?"*

4 Questions I'd like to ask

☐ Which options would suit someone like me, and what are the pros and cons of each?
☐ Is there anything in my health, or my other medicines, that rules any out?
☐ Should I have a blood test for my liver first?
☐ Is it safe for me to cut down gradually, or do I need help with that?
☐ Can you refer me to the local alcohol service, or can I refer myself?
☐ Could we go through the full AUDIT together?

Notes from my appointment: