



**University Hospitals Bristol**  
NHS Foundation Trust

Patient information service  
**Bristol Royal Infirmary (Zone A)**

# Keeping an eye on your alcohol use



Respecting everyone  
Embracing change  
Recognising success  
Working together  
**Our hospitals.**

**Above  
& Beyond**  
Fundraising for Bristol city centre hospitals



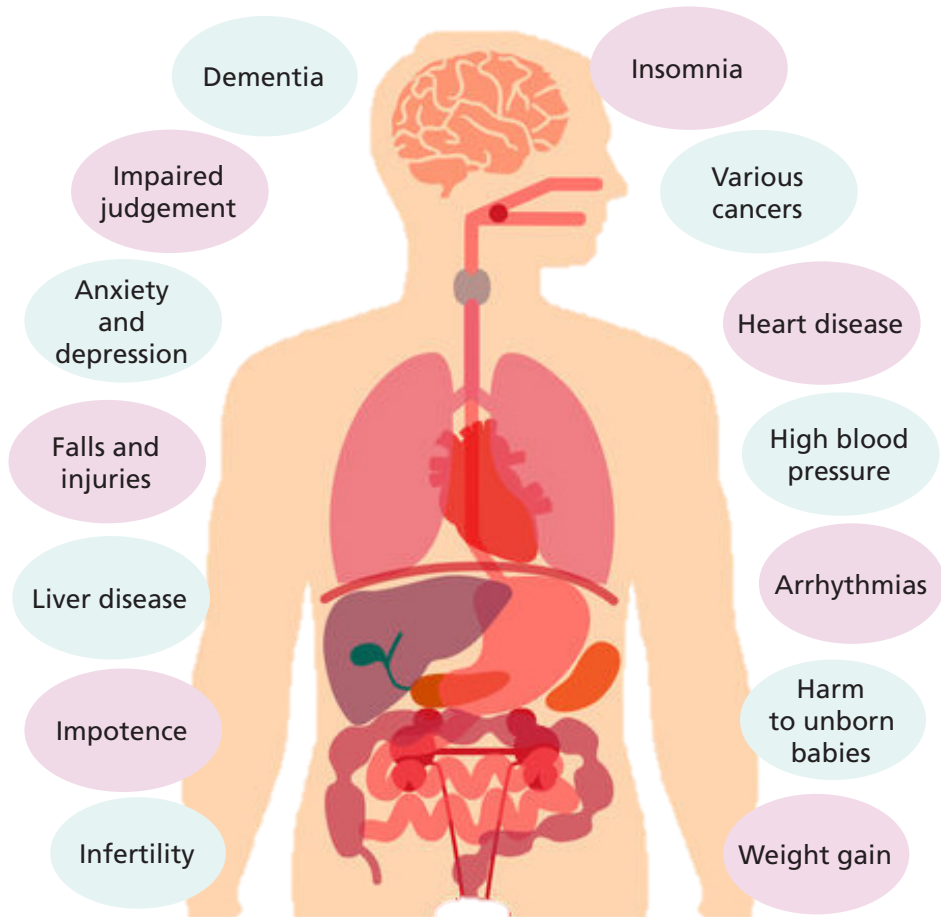
It is important for our health and wellbeing that we do not drink too much alcohol. Men and women should not drink more than 14 units a week on a regular basis

## **Some brief advice**

- There are NO guaranteed safe drinking levels.
- Have several 'drink free' days when you don't drink alcohol at all.
- Set limits and stick to them.
- Have non-alcoholic drinks before and in-between alcoholic drinks.
- Avoid drinking in rounds or in large groups.
- Eat before you drink.
- Avoid going to the pub after work.
- Switch to lower alcohol drinks.
- Plan activities for times you would normally drink.
- Have other outlets for when you are bored or stressed.
- If you have had a heavy drinking session, avoid alcohol for at least 48hrs after.
- Drinking alcohol at any stage during pregnancy can cause harm to your baby. It is safest to avoid all alcohol during pregnancy.
- Mixing alcohol with medication can either reduce or intensify the drugs' intended effects.

# Among other things, alcohol can lead to

Regularly exceeding 14 units a week can lead to these health problems:



Most people who regularly drink more than the NHS recommends (14 units a week) do not see any harmful effects at first.

Harm caused by alcohol often only emerges after a number of years and by then serious health problems could have developed.

# Understanding units of alcohol



**UNITS**  
**2.3**

175ml 13%

**STANDARD GLASS OF WINE**



**UNITS**  
**3.3**

250ml 13%

**LARGE GLASS OF WINE**



**UNITS**  
**1.0**

50ml 20%

**GLASS OF FORTIFIED WINE (E.G. SHERRY)**



**UNITS**  
**2.3**

4%

**PINT OF LAGER**



**UNITS**  
**3.0**

5.2%

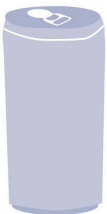
**PINT OF STRONG LAGER/BEER**



**UNITS**  
**10**

13.5%

**BOTTLE OF WINE**



**UNITS**  
**1.9**

400ml 3.8%

**CAN OF LAGER**



**UNITS**  
**1.4**

275ml 5%

**ALCOPOP**



**UNITS**  
**1.0**

25ml 40%

**SINGLE SPIRIT**

## Advice and support

If you are concerned about the amount of alcohol you are drinking, don't be afraid to ask for help. The following services can provide you with help, advice and support.

**ROADS: 0117 987 6000** (Bristol)

**DHI: 01454 868 750** (South Gloucestershire)

**Addaction: 01934 427 940** (Weston-Super-Mare)

**Alcoholics Anonymous: 0845 769 7555**

**SMART Recovery: 0117 922 2364**

**SWAN Project: 0117 989 2521**

**Hawksprings: 0117 964 2859**

**NHS Advice: 111**

**Drinkline: 0800 917 8282** (9am to 11pm, Monday to Friday) – for information and support

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.nhs.uk/live-well/alcohol-support](http://www.nhs.uk/live-well/alcohol-support)

You can also get help, advice and support from your GP.

For loved ones and family and friends of someone who has alcohol problems:

**DHI: 0117 916 6588**

**Al-Anon: 020 7403 0888**

## Notes

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit:  
**[www.uhbristol.nhs.uk/research-innovation](http://www.uhbristol.nhs.uk/research-innovation)**

For access to other patient leaflets and information please go to the following address:

**[www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/](http://www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/)**

**Hospital switchboard: 0117 923 0000**



**Minicom: 0117 934 9869**



**[www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)**



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print or PDF format, please email [patientleaflets@uhbristol.nhs.uk](mailto:patientleaflets@uhbristol.nhs.uk).

