

# Alcohol Intoxication

## *Advice for Patients who are intoxicated with Alcohol*

A health professional has assessed you, or your friend because they have drunk enough alcohol to render them unable to look after themselves safely.

Drinking too much alcohol can have immediate, short and long-term effects. The short-term effects are well known and include:

- **Disorientation, confusion, slurred speech and in some cases reduced levels of consciousness.**
- **Headache, visual disturbance and insensitivity to light.**
- **Nausea, vomiting and retching.**
- **In some cases, unconsciousness, inability to manage your own airway and choking.**
- **In some special cases alcohol when mixed with medicines (either prescribed or un-prescribed) can cause breathing and heart problems.**

The health professional that has assessed you has determined that you do not appear to have any injuries or any acute medical problem that requires hospital attention. The advice you should now follow is:

- **Do not drink any more alcohol today / tonight.**
- **Drink water to maintain hydration (you do not need to drink ‘gallons’).**
- **You should go home, or somewhere safe to rest.**
- **You should ensure that you are with someone you trust, and know who has not been drinking alcohol to ensure you are alright when you get home and over the next 6 – 12 hours.**
- **If you are feeling sick, refrain from eating, just drink water.**
- **Be careful when taking Paracetamol or Ibuprofen – ensure you take the correct dose.**
- **Go to sleep with one pillow under your head and on your side.**

**Specific Advice to a carer / friend:**