**Appendix Two: Alcohol Drink Down Plan for mild to moderate dependence**

**Week One**

Reducing your drinking should be done slowly to keep yourself safe and to help avoid significant withdrawal symptoms.

This plan will support you to reduce your daily alcohol intake by 2 drinks per day (or every other day) until you have got to zero drinks per day. You can decide which rate is best for you via discussion with the nurse. Please see next page for more information on alcohol withdrawal symptoms. This plan will be agreed with you by your Nurse and supported by check-ins on a weekly basis by telephone.

**Firstly, we need to calculate your current daily alcohol consumption by how many drinks you have in a day:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type of drink | Strength % abv | Container (glass, bottle, can) | Number of drinks in a day | Total Daily Units |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Total daily Units on Week =**

**My safe reduction plan is to reduce by 2 drinks per day/every 2 days. I am speaking with my nurse on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I will ring my nurse if I have** **any questions or worries during this process. Their telephone number is:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I have support from: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Drink Down Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Morning** | **Lunch** | **Afternoon** | **Evening** | **Night** | **Total no. drinks** |
| **Monday** |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |

|  |
| --- |
| **Alcohol Related Withdrawals.** Before you started your Drink Down Plan, you will have been seen by the nurse who will have discussed the amounts you are drinking and assessed the risk of alcohol withdrawals. For your own safety, it is vital you are open and honest about the amount you are drinking in this assessment. If you feel that you may have under-estimated the amounts you are drinking, please do not start any reduction until you have discussed this further with the nurse. We very much value working together with you |
| **You may experience some of the following common alcohol withdrawal symptoms;** increase in anxiety, feeling sick, headache, difficulty getting to sleep, tremor, sweats. These are a normal part of alcohol withdrawal symptoms and via a slow and safe reduction should be kept to a minimum. **However please treat with great care on any of the following:** |
| **Tremors:** if you are shaking violently, you are reducing too quickly, and this is unsafe. Please increase your alcohol intake to your known safe limits. **If you do not this could lead to:** |
| **Hallucinations:** seeing any shadows or objects that may not be there or hearing any strange noises or voices that also may not be there. This is a severe alcohol withdrawal symptom known as Hallucinosis and can be common where people are consuming large amounts of alcohol and attempt to stop too quickly without adequate medication. Please stop any reduction and focus on getting stability through increasing your alcohol to where you know you were safe. |
| **Seizures:** Can be caused by stopping drinking abruptly or reducing too quickly. If you experience a seizure stop any reduction and continue drinking to your safe levels. Sometimes a person may have multiple seizures so please call an ambulance if you have any concerns. |
| **Delirium tremens (DTs):** is a more severe reaction after stopping alcohol. It occurs in about 1 in 20 people who have alcohol withdrawal symptoms about 2-3 days after their last drink. Symptoms include: marked tremor (the shakes) and delirium (agitation, confusion and seeing and hearing things that are not there). **Any DTs or seizures please call an ambulance immediately.** |
| Please call the nurse, your GP or Walk in Centre, or telephone 111 if you have any other concerns about your physical or mental health. |
| **Keeping Safe during Reduction:**  Remember to drink plenty of non-alcoholic drinks when reducing and eat regular meals. If you have difficulty eating the advice is to eat little often. Eat small amounts of foods you like or find easy to digest. |
| You should be prescribed Thiamine to protect your brain and central nervous system, particularly important whilst reducing; Remember to take them exactly as prescribed. We will have spoken to you about this. |
| If you feel at any time this Drink Down is causing you stress or anxiety and/or you feel physically unwell, please speak with the nurse who can discuss other detox options for you. |