

Administration of vodka for the management of alcohol withdrawal

Information and advice for patients

Alcohol Care Team

Why have I been given Vodka?

You have been assessed by a member of the Alcohol Care Team (ACT) whilst in hospital. Due to your symptoms of alcohol withdrawal and self-reported alcohol intake, you are at risk of alcohol related seizures or severe alcohol withdrawal, called Delirium Tremens (DTs), which can be life threatening if left untreated.

Symptoms of withdrawal can include:

- Tremor/shaking
- Sweating
- Rapid heartbeat
- Disorientation
- Confusion

To reduce the alcohol withdrawal symptoms, you are already experiencing, and to prevent them from getting worse it has been advised that vodka should be prescribed.

Vodka is very effective in treating alcohol withdrawal as your body responds very quickly to this treatment.

What will happen whilst I am in hospital?

The dose of vodka you receive depends on the amount of alcohol you usually drink and the severity of your withdrawal symptoms.

A member of the ACT will breathalyse you to determine how much alcohol you have in your body and therefore how much vodka you need.

Staff in the hospital will monitor you closely using an assessment tool for signs of alcohol withdrawal.

Once your alcohol withdrawal symptoms are stable and you are fit to be discharged, it is vital that you continue to drink enough alcohol when you leave hospital to control your withdrawal symptoms. You may have been offered an appointment with a member of the ACT who will continue to support you to reduce your alcohol consumption safely. If you would prefer a community alcohol service referral, we can arrange this for you.

Details of your appointment are on the back of this leaflet.

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Discharge plan

Chosen drink and %:

This equates to

Units of alcohol per 24 hours:

Unit cup provided.

Your next appointment is with

On / /

Location

This appointment will be with a member of ACT in the most convenient hospital.

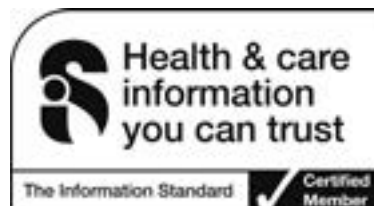
Disclaimer:

If you experience any of the following symptoms, you may be reducing your alcohol intake too quickly; shaking hands, sweating, seeing things that are not real (hallucinations).

If you are experiencing any of these symptoms, do not further reduce your alcohol intake and contact the alcohol care team on 0121 5075074 for advice.

Follow advice provided and do not dramatically reduce, or suddenly stop drinking as this can be very dangerous.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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