

Antabuse Assessment

Antabuse (disulfiram) assessment

1. Checking general health
 - in some health conditions it could be harmful to drink alcohol on top of Antabuse
 - for further information about these conditions, [see Antabuse Checklist](#)
 - some medicines might need to have doses adjusted if you are on Antabuse
2. Blood tests are usually taken:
 - prior to treatment with Antabuse
 - 2 weeks after starting Antabuse
 - 2 months after starting Antabuse
 - every 6 months afterwards
3. Antabuse education:
 - it is important to be familiar with the Alcohol Education Sheet, [see Antabuse Education Sheet](#)
 - if you struggle with craving discuss this with your doctor, [see Craving and Cue Cards](#)
 - there are some food productions that can interact with Antabuse – see below

Antabuse – General Guidelines

If you are taking Antabuse the following guidelines will be of use in your daily life. Many proprietary products contain alcohol and you should look carefully at the ingredients listed on any product from a pharmacy and you are in any doubt, please consult the pharmacist.

The following headings cover many of the day to day product types you may purchase and some guidance of a more general nature.

Aftershaves

It is best to use an alcohol free type.

Vinegars & Pickles

These are normally safe, provided they are non alcohol based. However, if they are cider or wine vinegars, it is best to avoid them.

Anti-perspirants

It is best to buy an alcohol free type. A useful inexpensive brand is MUM Roll On.

Mouth Washes

Some contain alcohol, so best avoid them. Some alcohol free products are on sale. Check with your pharmacist or dentist.

Cough Medicines

Your pharmacist should be consulted at all times.

Vitamin C Supplements

This includes orange and other fruit juices. Proprietary banks are unlikely to interfere with the metabolism of Antabuse. High dose Vitamin C (intravenous) can affect Antabuse / Alcohol reaction, but will only be given under the supervision of a doctor.

Cooking with Alcohol

Most sauces e.g. white wine, contains only a small amount of Alcohol. However, cooking for a few minutes at a high temperature will evaporate off the alcohol, since it has a boiling point, but the flavours will remain. Food that contains "uncooked" alcohol, such as sherry trifles, should be avoided.

Hair

Permanent dyes are acceptable, but some rinses contain alcohol and should be avoided.

Blood Donation

This should be completely avoided.