



Pharmacist Script

1. Do you have a few minutes for a brief chat about it?

If YES	If NO
<p>Let's look at your score.....</p> <p>Within guidelines – congratulate and reinforce this is the low risk option.</p> <p>If above guidelines or binge drinking (>6 or 8 units) on one occasion... go to question 2</p>	<p>Give leaflet (Alcohol and healthy living)</p> <p>Reinforce safe drinking and offer opportunity to discuss in the future.</p>

2. Your score is a bit higher than the national guideline of 2-3/3-4 units a day, this could be having an impact on your health; have you thought about cutting down a bit?

If YES	If NO
<p>What's good about drinking How does it make you feel (pros and cons)?</p> <p>What difference would cutting down make to you?</p> <p>What do you need to do now – what would help you cut down? E.g. low alcohol strength, increase alcohol free days, take up other activities.</p> <p>Are there times when you might find it difficult to stick to your plan?</p> <p>What could you do to work around these?</p>	<p>What would be helpful for you just now?</p> <p>Give leaflet (Alcohol and healthy living)</p>