

Assessing alcohol use in pregnancy

every moment
matters

Questions	Score											
	Pre-recognition of pregnancy ¹	Post-recognition of pregnancy ²										
Pregnancy recognition = _____ weeks gestation												
How often did you have a drink containing alcohol? <table> <tr> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr> <td>Never</td><td>Monthly or less</td><td>2-4 times per month</td><td>2-3 times per week</td><td>4+ times per week</td></tr> </table>	0	1	2	3	4	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week		
0	1	2	3	4								
Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week								
How many standard drinks of alcohol did you have in a typical day when you were drinking? <table> <tr> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr> <td>1 or 2</td><td>3 or 4</td><td>5 or 6</td><td>7-9</td><td>10+</td></tr> </table>	0	1	2	3	4	1 or 2	3 or 4	5 or 6	7-9	10+		
0	1	2	3	4								
1 or 2	3 or 4	5 or 6	7-9	10+								
How often did you have six or more standard drinks on one occasion? <table> <tr> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr> <td>Never</td><td>Less than monthly</td><td>Monthly</td><td>Weekly</td><td>Daily/Almost daily</td></tr> </table>	0	1	2	3	4	Never	Less than monthly	Monthly	Weekly	Daily/Almost daily		
0	1	2	3	4								
Never	Less than monthly	Monthly	Weekly	Daily/Almost daily								

¹From conception to recognition. ²From recognition for the rest of the pregnancy.



Standard Drinks
Guide



AUDIT-C Resource
– includes advice
you can provide

- 0 = No risk of alcohol-related harm
- 1-2 = Low risk of alcohol-related harm
- 3-4 = Medium risk of alcohol-related harm
- ≥5 = High risk of alcohol-related harm

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