

ALCOHOL AND PREGNANCY

The guidelines recommend that:

- If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.
- Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.
- If you are worried about how much you have been drinking when pregnant, talk to your doctor or midwife.

REMEMBER...

If you're pregnant, the safest approach is not to drink any alcohol at all

IMPORTANT INFORMATION

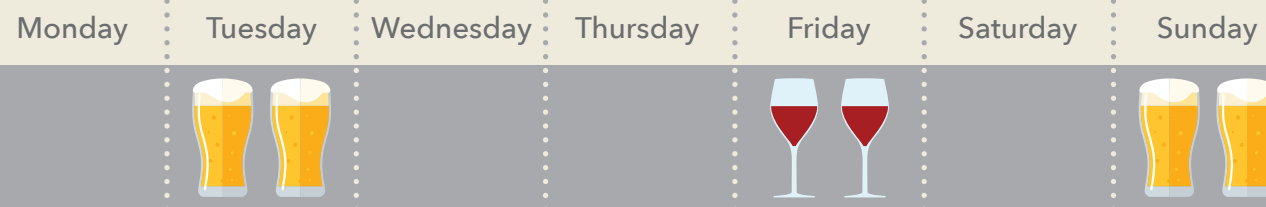
DRINKING TOO MUCH QUICKLY ON ANY SINGLE OCCASION CAN INCREASE YOUR RISK OF:

- accidents resulting in injury, causing death in some cases
- misjudging risky situations
- losing self-control, like having unprotected sex.

TO REDUCE YOUR HEALTH RISKS FOR ANY SINGLE SESSION:

- limit how much you drink
- drink more slowly
- drink with food
- alternate with water or non-alcoholic drinks.

A TYPICAL WEEK FOLLOWING THE NEW UNIT GUIDELINES



Note: 175ml 13% ABV wine and 4% ABV beer.

FURTHER INFORMATION

For further information and advice visit gov.im/drugsandalcohol

Motiv8 Addiction Services
motiv8.im

Drinkaware
drinkaware.co.uk

Email: drugsandalcohol@gov.im

The information in this leaflet can be provided in large format or in audio format on request.

KNOW YOUR LIMITS New Alcohol Guidelines

HEALTH IMPROVEMENT



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PUBLIC HEALTH DIRECTORATE
• Health Improvement

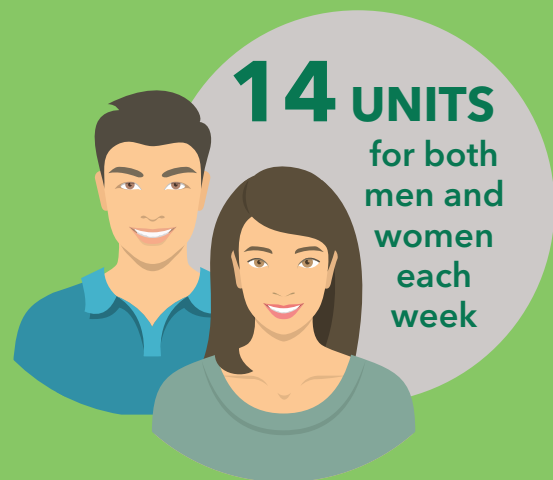
AN OVERVIEW

To keep health risks from alcohol to a low level it is **safest not to drink** more than **14 units a week** on a regular basis.

People who drink on a regular basis are advised to **spread their intake out across the week** rather than 'save up' their units to drink all on one day.

Everybody should aim to have at least **two alcohol free days** each week.

There is **no safe level** of alcohol to drink during pregnancy.



14 UNITS LOOKS LIKE...

The recommended alcohol limit for men and women to consume is 14 units per week.

This looks like:

6 pints of beer

(4% strength)



OR

6 glasses of wine

(13% strength, 175ml)



OR

14 single shots of spirits

(40% strength)



REGULAR DRINKING

If you regularly drink as much as 14 units per week, it's best to spread your drinking evenly over three or more days.

If you have one or two heavy drinking episodes a week, you increase your risk of death from long-term illness and injuries.

The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.

If you wish to **cut down the amount you drink**, a good way to help achieve this is to have **several drink-free days** a week.



ONE UNIT OF ALCOHOL

One unit is 10ml or 8 grams of pure alcohol.

Because alcoholic drinks come in different strengths and sizes, units are a good way of telling how strong your drink is. A standard (25ml) pub measure of spirits is 1 Unit.



But each of these is more than one unit...



2.3 units	1.6 units	2.3 units	2.6 units	1.5 units	1.1 units
Pint of beer (ABV* 4%)	Small bottle of beer (ABV 5.2%)	175ml glass of wine (ABV 13%)	Pint of cider (ABV 4.5%)	125ml glass of champagne (ABV 12%)	275ml bottle of Alcopop (ABV 4%)

*ABV = Alcohol by Volume

1/5 gill is the measure currently (Jan 2017) used on the Isle of Man for spirits and is equivalent to 28.4 ml