Alcohol Intoxication

Your exam shows that you may have a problem with alcohol intoxication. Drinking too much alcohol is often the cause of other problems. It may cause fights or car crashes in which you or someone else is injured or killed. It may also cause medical problems including bleeding, liver damage and stomach ulcers. Nervous system problems and emotional disturbances are very common in heavy drinkers. Common problems are depression and anxiety.

- **Alcohol can be dangerous when taken with other drugs. Some of these are:**
  - **Sedatives.**
  - **Tranquilizers.**
  - **Muscle relaxants.**
  - **Painkillers.**
  - **Antihistamines.**
  - **Seizure medicine.**
  - **Marijuana.**

- These drugs added to alcohol can cause marked sedation or even coma.
- Alcohol may increase the effect of blood pressure medicine. It can lead to:
  - Very low blood pressure.
  - Fainting.
  - General weakness.
  - This combination can cause death in hot tubs.

- It is important that you think about the effect alcohol is having on your:
  - Health.
  - Safety.
  - Family life.

You have been released from care today. We recommend that you ask friends and family if they think you have a drinking problem. Admitting that you have a drinking problem is not always easy. For further help, please call:

- **Your caregiver.**
- **Alcoholics Anonymous (AA).**
- **A drug or alcohol rehab program.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 01/25/2006 Document Re-Released: 11/30/2009
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