



# Post-Intoxication Information

## PATIENT EDUCATION SERIES

### Post Intoxication Self-Care

The symptoms experienced after drinking a large amount of alcohol or other central nervous system depressant include fatigue, mental depression, headache, thirst, nausea, and irritability. The severity of symptoms varies with the individual and the amount of alcohol consumed.

**Myth:** Drinking lots of coffee or other caffeinated beverages will help you “sober up.”

**Fact:** Caffeine may actually lower your blood sugar and increase the dehydration already caused by the alcohol.

**Myth:** Drinking a little more alcohol the next day will help.

**Fact:** This simply puts more alcohol in your system and prolongs the effects of intoxication. If you need to drink the next day, this is a sign of a more serious problem.

### How can I ease the symptoms of a hangover?

- When you wake up, it's important to eat a healthy meal. Processing alcohol causes a drop in blood sugar and can contribute to headaches.
- Drink plenty of water and juice to get re-hydrated
- Avoid excessive caffeine as it may contribute to dehydration. However, if you drink coffee every morning, have your first cup not more than a couple of hours after your regular time. Don't force your body to go through caffeine withdrawal in addition to the alcohol effects.
- Use Tylenol for a headache, unless there is a history of liver problems. Aspirin and ibuprofen (Advil, Motrin) are effective, but may irritate the stomach.
- An over-the-counter antacid (Tums, Pepto-Bismol or Maalox) may relieve some of the symptoms of an upset stomach.
- Do not go too many hours without food as this will increase the effect of the low blood sugar caused by alcohol.
- Eat complex carbohydrates like crackers, bagels, bread, cereal or pasta.
- Call the nurse at 401.863-1330 for advice about how to care for a friend who has had too much to drink.

### Required Follow-up Appointment

Anytime a student receives medical care from Health

Services or Brown EMS as a result of alcohol or other drug use, the student must meet with a Health Educator. The purpose of this appointment is to discuss your personal well-being, particularly regarding the use of alcohol and other drugs. **We do not assume that every student with an alcohol/other drug-related injury or intoxication has a drinking problem or a drug addiction.**

This appointment is an educational opportunity. It is not disciplinary, nor is it intended to be punitive. However, **it is required.** The requirement can be fulfilled by meeting with a Health Educator in the Office of Health Education. All appointments are free and confidential. You can call 401.863-2794 to schedule this appointment.

### Resources:

#### Emergency Medical Services 863-4111

Emergency medical care available 24 hours a day, 7 days a week.

#### Nursing Services 863-1330

Nurses are available 24 hours a day when classes are in session to answer any medical questions you have.

#### Health Education 863-2794

Confidential appointments for drug or alcohol concerns, on the third floor of Health Services. Our web site has extensive content on alcohol, drugs, sexual health, nutrition, general health and sexual assault. [www.brown.edu/healthed](http://www.brown.edu/healthed)

#### Dean of Chemical Dependency 863-2536

Dean McSharry provides the Early Sobriety group and individual appointments for Brown students, faculty and staff affected by alcohol or drug abuse.

#### University Health Services 863-3953

Confidential health care. 13 Brown Street, across from Keeney Quad. [www.brown.edu/health](http://www.brown.edu/health)

#### Psychological Services 863-3476

Confidential appointments. 5th floor of J. Walter Wilson. [www.brown.edu/Psychological\\_Services](http://www.brown.edu/Psychological_Services)

## **Resources:**

### **Al Anon**

Confidential and anonymous twelve-step program for friends and family members of people with drinking problems. Al-Anon meetings near Brown: noon Tuesdays and Thursdays at St. Stephen's Church Parish House (on George Street between Brown and Thayer, across from the Ratty).

### **Alcoholics Anonymous 438-8860**

Confidential and anonymous, twelve-step recovery program. Meetings at Brown: 5pm Mondays and Thursdays in the Common Room of Alumnae Hall. For more meetings and information, go to [www.rhodeisland-AA.org](http://www.rhodeisland-AA.org).

### **Marijuana Anonymous 829-2613**

Confidential and anonymous twelve-step recovery program held on Tuesdays from 8-9 p.m. in the Common Room of Alumnae Hall, 190 Meeting Street. For more information and online meetings, go to [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)