



BC PERINATAL HEALTH PROGRAM

TWEAK Score

Questionnaire on Alcohol use During Pregnancy

*To be completed **early** in **all** pregnancies*

When having a baby one of the areas your care provider will talk about is your use of alcohol. The following questions will help with the discussion.

How many drinks does it take to make you feel high? Number of drinks _____

Have close friends or relatives worried or complained about your drinking in the past year? No Yes

Do you sometimes have a drink in the morning when you first get up? No Yes

Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember? No Yes

Do you sometimes feel the need to cut down on your drinking? No Yes

Talk about your answers to the above questions with your health care provider.

Source: Russell, M (1994). New Assessment tools for risk drinking during pregnancy: T-ACE, TWEAK and others. Alcohol Health and Research World.