

## **Antabuse®**

### **Proprietary Products & General Guidance**

If you are taking Antabuse® the following guidelines will be of use in your daily life.

Many proprietary products contain alcohol and you should look carefully at the ingredients listed on any product from a pharmacy and you are in any doubt, please consult the pharmacist.

The following headings cover many of the day to day product types you may purchase and some guidance of a more general nature.

#### **Aftershaves**

It is best to use an alcohol free type.

#### **Vinegars & Pickles**

These are normally safe, provided they are non alcohol based. However, if they are cider or wine vinegars, it is best to avoid them.

#### **Anti-perspirants**

It is best to buy an alcohol free type. A useful inexpensive brand is MUM® Roll On.

#### **Mouth Washes**

Some contain alcohol, so best avoid them. Some alcohol free products will be on sale soon. Check with your pharmacist or dentist.

#### **Cough Medicines**

Your pharmacist should be consulted at all times.

#### **Vitamin C Supplements**

This includes orange and other fruit juices. Proprietary banks are unlikely to interfere with the metabolism of Antabuse®. High dose Vitamin C (intravenous) can effect Antabuse® / Alcohol reaction, but will only be given under the supervision of a doctor.

#### **Cooking with Alcohol**

Most sauces e.g. white wine, contains only a small amount of Alcohol. However, cooking for a few minutes at a high temperature will evaporate off the alcohol, since it has a boiling point, but the flavours will remain. Food that contains “un-cooked” alcohol, such as sherry trifles, should be avoided.

#### **Hair**

Permanent dyes are acceptable, but some rinses contain alcohol and should be avoided.

#### **Blood Donation**

This should be completely avoided.

*Our thanks to Dr K K Rohatgi, Consultant Psychiatrist, Lanarkshire Healthcare NHS Trust, in compiling this guidance sheet.*