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Nottingham

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Tips to stay  
safe when  
**pre-drinking**



Brought to you by  
HealthyU



To keep health risks from alcohol  
to a low level it is safest not  
to drink more than

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

**14** units  
a week

Measure your drink – use the guide to help you determine  
how many units your chosen alcoholic drink contains.


14 units is equal to...





**14**   
single measures of spirit  
(25ml) 40% ABV





or

**6** glasses of wine  
(175ml) 13% ABV  


or

**6** pints of ordinary  
strength beer/  
lager/cider  
(568ml) 4% ABV 

	Description	Units
	A pint of beer, lager or cider (ABV 3.6%)	2
	A pint of beer, lager or cider (ABV 5.2%)	3
	250ml glass of wine (ABV 12%)	3
	440ml can of premium lager (ABV 5%)	2

	Description	Units
	A pint of super strength lager or beer (ABV 9%)	5
	275ml alcopop or bottle of regular lager (ABV 5.4%)	1.5
	Bottle of wine (ABC 12%)	9
	25ml spirit (ABV 40%)	1

## UK alcohol unit guidance

- **A useful tip** – pour your usual measure into an unmarked glass and transfer it into a marked alcohol unit glass (available at HealthyU events). This will give you an idea of how many units you have had before you go out
- **Watch out for 'top ups'** – finish your glass first before having another drink
- **Pace yourself and stay hydrated** – alternate soft drinks or water with each alcoholic drink
- **Eat before you drink** – it will slow the absorption of alcohol into the blood stream
- **Avoid drinking when you feel bad** – it may make you feel worse
- **Don't mix alcohol and other drugs** – it can be very unpredictable and dangerous
- **Don't feel pressured into drinking, it's OK to say no**

## When you are out

- **Limit rounds of drinks** – opt for smaller rounds with only a couple of friends
- **Look out for each other**
- **Never leave your drink unattended and don't accept drinks from strangers** – if it looks or tastes suspect, don't drink it
- **Plan how you're going to get home before you go out** – get a licenced taxi

## If you have had too much to drink

- Drink as much water as you can before going to sleep
- Alcohol is a depressant, so might impact on your mood the following day
- Drinking lowers your blood sugar level, so eat as soon as you can
- Have a break from alcohol for a couple of days to give your liver a rest

## Public Spaces Protection Orders

A PSPO is a way to deal with nuisance and anti-social behaviour associated with the consumption of alcohol in public and covers all areas of Nottingham city and the suburbs. Please be aware that if an authorised officer asks you to stop drinking alcohol or anything believed to be alcohol, and/or surrender anything believed to be alcohol and you refuse, you've committed an offence.

A note on binge drinking - usually refers to drinking lots of alcohol in a short space of time or drinking to get drunk. UK researchers commonly define binge drinking as consuming more than six units of alcohol in a single session for men and women (NHS Choices).

For more information about alcohol and where to access help and support go to:  
[nottingham.ac.uk/currentstudents/healthyu/alcoholdrugssmokingandaddiction/alcohol.aspx](https://nottingham.ac.uk/currentstudents/healthyu/alcoholdrugssmokingandaddiction/alcohol.aspx)