

## DISULFIRAM (ANTABUSE): ADVICE FOR PATIENTS

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

### AFTERSHAVES

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It is best to use an alcohol free type.

### VINEGARS & PICKLES

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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

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It is best to buy an alcohol free type.

### MOUTH WASHES

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

### COUGH MEDICINES

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Your pharmacist should be consulted **at all times**.

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

### VITAMIN C SUPPLEMENTS

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

### COOKING WITH ALCOHOL

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Most sauces e.g. white wine, contain 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 low boiling point, but the flavours will remain. Food which contains 'un-cooked' alcohol, such as sherry trifles, should be avoided.

### HAIR

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

### BLOOD DONATION

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This should be completely avoided.