

Self Home Detox

Short Alcohol Withdrawal Scale

Procedure:

Put a tick in the boxes to show how you have been feeling for all of the following conditions in the past 24 hours. You can use this scale anytime you are experiencing withdrawal symptoms to guide your use of valium.

Assess and rate each of the following as per the SAWS (Short Alcohol Withdrawal Scale) :

	0 - None	1 - Mild	2 - Moderate	3 - Severe
Anxious				
Sleep Disturbance				
Problems with memory				
Nausea				
Restless				
Tremor (Shakes)				
Feeling confused				
Sweating				
Miserable				
Heart pounding				

Total SAWS score: _____

If you score 12 or more we would advise taking an extra dose of valium.

If this doesn't help after 30 minutes please call us or the OOH number for advice.