**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.*