

Step 1: Ask

Assess contraception/pregnancy planning and alcohol consumption:

Ask “**How often have you had four or more drinks?**” or use T-ACE, TWEAK, or AUDIT

Step 2: Feedback

Provide feedback and information/facts about the effects of alcohol

Step 3: Advise and help to set up an AEP prevention goal: alcohol free pregnancy or contraception

Give Advice

If there is no risk, support the woman’s behavior

If there is a risk for the woman or fetus, discuss the behavior change: reducing/abstaining from alcohol and/or contraception

Assess readiness to change

Help to set up an AEP prevention goal if the woman chooses AEP reduction

If the woman is not ready for change, do not insist on setting up a goal (Ask “How would you feel if you had a child with FASD as a result of your drinking?”)

Support any steps in right direction, repeat the advice, reaffirm your willingness to help when she is ready/don’t move to 4

Step 4: Assist

Ask about the possible barriers and discuss how to overcome or reach the goal reaffirm your willingness to help (refer if needed)

Assist with contraception if needed

Step 5: Follow-up