Contracts

As part of your advice, you recommend specific, lower drinking limits for patients who are not pregnant and not trying to become pregnant, and quitting alcohol use completely for patients who are pregnant. Negotiating these limits as a contract between you and the patient emphasizes the importance of cutting down or quitting. Sample contracts are included here:

**Quit Contract**

I agree to stop drinking on:

__________________________
Quit date

*I understand that quitting alcohol use is necessary to protect my health and the health of my baby.*

__________________________________________  ______________________________________
Patient’s signature  Clinician’s signature

______________________________
Today’s date

**Alcohol Use Contract**

I agree to limit my drinking to no more than 7 drinks per week and no more than 3 drinks on any one occasion as of:

__________________________
Date

*I understand that cutting down or quitting alcohol is necessary to protect my health.*

____________________________________________________  ______________________________________
Patient’s signature  Clinician’s signature

______________________________
Today’s date