

# Post-Intoxication Information

## Brown Health Services Patient Education Series

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### Post Intoxication Self-Care

The symptoms experienced after drinking alcohol or other central nervous system depressants include fatigue, mental depression, headache, thirst, nausea, and irritability. The severity of symptoms varies with the individual and the amount of alcohol consumed.

**Myth:** Drinking lots of coffee or other caffeinated beverages will help you “sober up.”

**Fact:** Caffeine may actually lower your blood sugar and increase the dehydration already caused by the alcohol.

**Myth:** Drinking a little more alcohol the next day will help.

**Fact:** This simply puts more alcohol in your system and prolongs the effects of intoxication. If you need to drink the next day, this is a sign of a more serious problem.

### How can I ease the symptoms of a hangover?

- When you wake up, it’s important to eat a healthy meal. Processing alcohol causes a drop in blood sugar and can contribute to headaches. Do not go too many hours without food as this will increase the effect of the low blood sugar caused by alcohol.
- Drink plenty of non-alcohol, non-caffeinated fluids to rehydrate
- Avoid excessive caffeine. However, if you drink coffee every morning, have your first cup not more than a couple of hours after your regular time. Don’t force your body to go through caffeine withdrawal in addition to the alcohol effects.

- Use acetaminophen (dose 325 mg, may take 2 every 6 hours for a headache), unless there is a history of liver problems. Aspirin and ibuprofen are also effective, but may irritate the stomach.
- An over-the-counter antacid (Tums, Pepto-Bismol or Maalox) may relieve some of the symptoms of an upset stomach.
- Eat complex carbohydrates like crackers, bagels, bread, cereal or pasta.

### Campus Resources:

- Emergency Medical Services  
401-863-4111: Emergency medical care available 24 hours a day, 7 days a week.
- Nursing Services 401-863-1330: Nurses are available 24 hours a day when classes are in session to answer any medical questions you have.
- BWell Health Promotion 401-863-2794:  
Provides individual confidential appointments where a Health Educator and the student collaborate to develop a schema about the effects of their substance use. These conversations can be a powerful tool in helping to make informed decisions, reduce harm, prevent relapse or connect with additional resources.  
[www.brown.edu/bwell](http://www.brown.edu/bwell)
- Dean of Chemical Dependency  
401-863-2536: Provides comprehensive academic and social support in non-clinical settings for anyone in recovery from chemical dependency. Available for consultation for community members who are concerned about their use or who suspect that someone has a problem, or who are negatively affected by others’

substance abuse. Contact:  
shannon\_oneill1@brown.edu

- University Health Services 401-863-3953: Confidential health care, 13 Brown Street, across from Keeney Quad.  
[www.brown.edu/health](http://www.brown.edu/health)
- Counseling and Psychological Services (CAPS) 401-863-3476: Provides treatment for a range of psychological concerns, including drug and alcohol use issues, in confidential setting, and a goal-focused, collaborative framework.  
[www.brown.edu/caps](http://www.brown.edu/caps)
- Student Support Deans 401-863-3145: Seeks to support students who encounter a wide range of issues while at Brown. 24 hour on-call system, as well a Dean of the Day.

## Other resources

- Alcoholics Anonymous: Confidential and anonymous twelve-step recovery program for people with the desire to stop drinking. To locate meetings near Brown, visit [rhodeisland-aa.org](http://rhodeisland-aa.org).
- Marijuana Anonymous: MA uses the basic 12-step recovery program for people who are addicted to marijuana. Online groups are available, as well as publications, frequently asked questions and a tool to determine if marijuana is a problem in your life.
- Narcotics Anonymous: Confidential and anonymous twelve-step recovery program for people who want to stop using drugs. For more information or to locate a meeting near Brown, go to [gpana.org](http://gpana.org).
- Al-Anon/Alateen: Confidential and anonymous twelve-step program for people worried about someone with a drinking problem. Some groups are specifically for adult children of alcoholics (ACOA). For online Al-Anon groups: <http://www.ola-is.org/> For other meetings in Rhode Island: <http://www.riafg.org/>