



Your Questions Answered

Acamprosate

www.changegrowlive.org



About Change Grow Live

Change Grow Live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Find out more

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What is acamprosate?

Acamprosate is a medication which is used to reduce feelings of craving in people who have been addicted to alcohol. It works by balancing the levels of various naturally occurring chemicals in the brain, which have been disturbed by the heavy use of alcohol. Acamprosate should be used alongside counselling.

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Our mission is to help people change the direction of their lives, grow as a person and live life to its full potential.

Who prescribes acamprosate and when?

You will be offered a full health and wellbeing assessment with a recovery worker and a prescribing member of the clinical team. Following this assessment you may be prescribed acamprosate. You may have a blood test to assess how your liver is functioning and this may be monitored for improvement throughout your treatment. Ongoing prescribing of acamprosate will be under specialist supervision, either from your local service or your GP.

Why choose acamprosate?

Some people suffer with cravings after stopping alcohol use, and these may continue for many months. The experience of craving may trigger relapse to alcohol use. Acamprosate has been demonstrated to reduce the likelihood of relapse. Acamprosate is a non-addictive medication.

How long will it take to work?

Acamprosate reaches a steady level in your body after seven days. It may be prescribed for up to one year.



Taking acamprosate

Acamprosate is available as a 333mg tablet and is swallowed with water. The dose is 666mg (2 tablets) three times a day with meals for people weighing 60kg or more. In people weighing less than 60kg, the dose is four tablets divided into three doses daily with meals (2 with breakfast, 1 with lunch and 1 with the evening meal).

Treatment with acamprosate usually starts as soon as possible after the withdrawal period from alcohol. The recommended treatment period is one year.

Acamprosate does not stop the harmful effects of continuous alcohol use. Continued use of alcohol counteracts the benefits of using acamprosate, and drinking even a small amount of alcohol risks making the treatment fail. If drinking persists 4 – 6 weeks after starting treatment then acamprosate will be stopped.

Other notes about taking acamprosate

- Acamprosate is more effective when used in combination with a package of support and counselling.
- All medication must be kept out of reach of children and animals. Please ask your worker for a lockable box to store your medication (free of charge). Children should never be given your medication. Always call 999 if you think a child has swallowed your medication.
- Read the information leaflet which will be given with your medication.