

My Disulfiram Pharmacy Checklist

Use this guide at the pharmacy and prescribing visit to check products, understand the alcohol reaction, and write down your personal monitoring plan.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Why checking products matters

Disulfiram is an alcohol-deterrent medicine: drinking alcohol while it is active can cause an unpleasant and potentially dangerous reaction. It is not a cure for alcohol use disorder. Even a small amount of alcohol can trigger symptoms, so do not test the medicine by drinking. [1] [2]

The reaction window continues after stopping

Reactions can occur for up to 14 days after the last disulfiram dose. Avoid alcohol during treatment and throughout the period your prescriber specifies afterward. Disulfiram must not be given secretly or while a person is intoxicated. Confirm when you may start with the prescriber; the label's minimum alcohol-free interval is not a substitute for assessing withdrawal or other health risks. [2]

Check more than beverages

Bring labels or photos to the pharmacist [1] [2]

- Prescription and nonprescription medicines, especially liquid cough/cold products and other liquids that may contain alcohol.
- Mouthwash, sauces, flavorings and foods or drinks containing alcohol. Do not assume a familiar product is suitable.
- Topical products such as aftershave or rubbing preparations; ask what alternatives are appropriate.
- Every other medicine and supplement. Ask the pharmacist to check interactions and tell your prescriber about liver disease and other medical conditions.

Know which response is needed

Get emergency help for a severe reaction

A disulfiram-alcohol reaction can involve chest pain, breathing difficulty, collapse or loss of consciousness. Call 911 for these symptoms. Tell responders about disulfiram and any alcohol exposure; do not drive yourself or try to manage a severe reaction with this worksheet. [2] [3]

Contact your prescriber promptly about yellowing skin or eyes, dark urine, unusual weakness or persistent vomiting; these may signal a serious problem. Ask what liver monitoring is planned. If you miss a dose, use the pharmacy instructions and do not double the next dose. [1]

Example product check

Hypothetical example: "This cough medicine's ingredient label lists alcohol. I take disulfiram. Can you help me choose an appropriate alternative and check it against my other medicines?" This illustrates what to bring to the pharmacy; it does not approve any brand.

My pharmacy and prescriber record

My pharmacy and prescribing contact

Names, phone numbers and how to obtain help outside office hours.

Products reviewed and alternatives

Product name, ingredient concern, pharmacist's answer and date. Use another sheet for a long medicine list.

Starting and stopping instructions

Write the prescriber's instructions, including the alcohol-avoidance period after the final dose.

Monitoring and follow-up

Tests or appointments arranged, date and the person to contact for results.

What I will do if symptoms or exposure occur

Keep the clinician's instructions here. Do not wait to complete this sheet during an emergency.

Keep completed notes private. Share only what you choose with the people helping you. These are original educational and planning prompts, not a validated assessment.

Sources and Further Reading

[1] MedlinePlus: Disulfiram

<https://medlineplus.gov/druginfo/meds/a682602.html>

[2] DailyMed: Disulfiram tablets labeling

<https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=40f5497f-fe84-43b2-8ff4-32d59edf3917>

[3] SAMHSA: 988 versus 911

<https://www.samhsa.gov/resource/988/988-versus-911-social-media-post>