

Frequently asked questions

- 1.) Can I drink non-alcoholic beer or wine while on the Scram?

Answer: No.

While it states that these drinks are non-alcoholic most of them are not. This is misleading because there is a small amount of alcohol in them and you have to be 21 to purchase them. Always remember to read labels.

- 2.) Can I eat meals that have been cooked with alcohol?

Answer: No:

The conventional wisdom accepted by just about everyone in the food world is that all the alcohol you add to a dish evaporates or dissipates during cooking. It's wrong. In fact, you have to cook something for a good three hours to eradicate virtually all traces of alcohol. Some cooking methods are less effective at removing alcohol than just letting it stand out uncovered overnight. Now, it may be that the amount of alcohol in a dish is modest to start with, but the fact that some of the alcohol remains could be of significant concern to recovering alcoholics, parents, and others who have ethical or religious reasons for avoiding alcohol or anyone wearing a SCRAM bracelet.

- 3.) Can I use over the counter medications such as cold or flu Medications?

Answer: Yes.

However you must read labels or ask your Pharmacist which medications that are alcohol free. Always let your doctor know that you need all prescriptions alcohol free.

- 4.) Can I get my nails done?

Answer: Yes.

Just make sure that you do not use alcohol based (acetone) nail polish remover.

5.) Can I travel by air with the Scram bracelet?

Answer: Yes.

To uncomplicated traveling be sure to carry all court documentation or your participation agreement from your Scram provider.

6.) Can I use mouthwash?

Answer: Yes. Read labels or switch to a non-alcoholic mouthwash.

As you can see most products have available a non-alcoholic version. You must read labels or ask a pharmacist to make sure, especially products that are being ingested. As with diabetics who are always searching for sugar free products those with alcohol problems or someone who is wearing the scam bracelet must get educated and be aware of products that may contain alcohol. When you are being enrolled in our program your case manager will go over all rules of participation.