

Patient information

Smoking cessation support in hospital

The tobacco dependence team visit every patient in the hospital who smokes to provide support, advice, and free Nicotine Replacement Therapy (NRT).

The steps we will take together are:

1. An initial discussion with you about your smoking and the NRT which can be provided to support you during your stay and on discharge.
2. Explore and describe the stop smoking services in your community and offer you a referral to your preferred option for continued support and provision of NRT.
3. A follow up call with you after discharge to chat about your smoking cessation journey so far and try to answer any questions you have.

The most effective way to stop smoking is with a combination of treatment and behavioral support.

You are three times more likely to quit with this method than unaided (cold turkey).

Nicotine is addictive. Treatments work by easing nicotine withdrawal symptoms through:

- Providing a smaller dosage of nicotine to help reduce cravings
- Replacing the habit by providing an alternative to smoking at points which you would have had a cigarette e.g. in the morning with a coffee

When you quit smoking, you will have:

- Better health
- More energy
- More money
- More time
- Achieved your goal

Your chance of success is increased by behavioral support provided by a tobacco dependence advisor, who will join you on your journey to provide advice, listen to your concerns and celebrate your achievements.

Your chosen community stop smoking service is:

Your chosen NRT products are:

- ☐ Nicotine Patch
- ☐ Mouth Spray
- ☐ Gum
- ☐ Inhalator
- ☐ Lozenge

Intended quit date (discharge date):

West Suffolk Hospital follow-up calls date:

7-14 days:

28 days:

You want to quit because:

Questions to ask at your next call:

For more information you can contact the team via email, though this is not an out of hours service: quit.smoking@wsh.nhs.uk

Further information can be found at:
www.nhs.uk/better-health/quit-smoking

Or you can scan the QR code below to be taken to the NHS Better Health website:



If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>



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