

Stop Smoking in Hospital

Why you will need to stop smoking during your stay or visit and how we can help you.

Smoke Free RD&E

The RD&E Trust is now smoke free, including all community and acute hospitals and the grounds and car parks. As a Health Care Trust we protect all of our patients, visitors, staff, buildings and equipment from the dangers and consequences of second-hand smoke.

Smoking

- Is the primary cause of lung cancer and increases your risk of other cancers.
- Causes or worsens chronic lung conditions.
- Increases the risk of heart attack, stroke and peripheral vascular disease.
- Delays wound healing REMEMBER carbon monoxide reduces levels of oxygen in your bloodstream.
- Increases the risk of post-operative complications.
- Can affect the way medications work in your body.
- Increases the chances of a longer stay in hospital.

Even if you aren't ready to quit smoking yet – we need to remind you that the hospital has a non-smoking policy on the site and we have a support and treatment service to help you stop smoking during your stay.

We can help you during your stay at the Wonford site

The RD&E can offer you 1:1 support and treatment on site. Our Stop Smoking Advisor Stephanie Parker and Geoff Williams offer specialist 1:1 support and treatment at your bedside and ensures you get further support and treatment in the community post discharge.

You are four times more likely to quit smoking with a combination of support and treatment.

Ask your healthcare professional to refer you today or you can refer yourself by phone on extension 6133 **(01392 406133)**.

Support in the community

You can also receive support and treatment from your GP or call the Smokefree National Helpline on **0300 123 1044** or go to **www.nhs.uk/smokefree** to find your local stop smoking service.

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy is available on the hospital wards. There are a range of therapies that can help you manage your cravings during your stay and help you quit long term. You can discuss this in your pre-operation appointment, with your GP before admission or ask your healthcare professional on the ward.

What is Nicotine Replacement Therapy (NRT)?

NRT is clinically proven to be twice as effective as going cold turkey. It works by easing craving symptoms whilst delivering reduced levels of nicotine, allowing you to get used to not smoking. NRT is generally safe for everyone to use and certainly much safer than smoking. However, if you are pregnant, breastfeeding or suffering from a heart condition, you should consult your GP first.

E-Cigarettes/Vaping

E-cigarettes (ECIG) contain potentially toxic chemicals, the long-term effects of ECIG use are unknown, and there is no evidence that ECIGs are safer than tobacco in the long term. Second-hand exposure to ECIG chemicals may represent a potential risk, especially to vulnerable populations.

E-cigarette use is not allowed on Trust premises and is covered by the same restrictions as cigarette smoking. If you have been using E-cigarettes in the community we will offer you NRT whilst in hospital and encourage you to stop vaping long term.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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