

If you stop smoking...

- After 20 minutes, blood pressure and pulse return to normal and circulation improves
- After eight hours, the oxygen level in the blood increases to normal level and heart attack risk starts to improve
- After a whole day, carbon monoxide is no longer present in your body
- After two days, no nicotine is left in your body and smell and taste improve
- After three days, breathing improves and you feel more energised
- Two to 12 weeks on, circulation continues to improve and walking and exercise become easier
- After three to six months, coughs, wheezing and breathing problems improve
- After a year, if you were an average smoker, you will have saved nearly £2,000
- After five years, your risk of a heart attack is half that of a smoker. And it's never too late—even after a heart attack a smoker who quits improves their five year survival by 10% over a smoker who carries on smoking
- After 10 years plus, the risk of developing lung cancer is only slightly greater than a lifelong non-smoker's

We are **smokefree** to:

- Protect the health of our patients, staff and visitors
- Provide a pleasant healthcare environment, free of secondhand smoke
- Safeguard against fire risk
- Improve the recovery of our patients

If you are a smoker....

Using stop smoking aids, such as nicotine patches or gum, will double your chances of quitting

Using our local NHS Stop Smoking Service can quadruple your chances of successfully stopping smoking



A guide for smokers/N&Q/SDHCNHSFT/06.07/Renewal date 08.09

Being smokefree: a guide for patients



Coming into the smokefree environment of a hospital need not be a problem—and can be an opportunity.

It is never too late to stop smoking. The benefits are described inside this leaflet, as well as the support available.

Product	How does it work?	Advantages	Disadvantages
Patch (16 hour or 24 hour)	Place on the skin once a day Nicotine passes through the skin Can move to lower strengths Choose a 16 hour or 24 hour patch	Gives a constant supply of nicotine Easy to use and discreet 24 hour patch can help with morning cravings	May cause a skin reaction Takes a few hours to reach full effect 24 hour patch can cause vivid dreams
Gum	Chew gum until it tastes peppery Rest it between your gum and cheek Nicotine passes through the mouth lining Different strengths and flavours	It can be used whenever you need it Chewing gum distracts from smoking Can prevent over-eating	Doesn't work if chewed continuously Can be difficult to use with dentures Bitter taste at first
Spray	Spray into each nostril Use once or twice an hour as required Acts quickly as nicotine is absorbed	Fast acting relief when needed Easy to adjust the dose Particularly useful for heavy smokers	May cause eyes to water and irritate the nose at first
Inhalator	Nicotine is sucked into the mouth and passes through the lining It looks like a cigarette	Mimics smoking and distracts from having a cigarette Easy to adjust dose	Can cause a sore throat May attract attention Not ideal for heavy smokers
Lozenge	Once the lozenge has dissolved in the mouth, nicotine passes through the mouth lining	It can be used whenever required Discreet Easy to adjust the dose	May cause indigestion and irritate the throat at first
Microtab	Place 1-2 tablets under the tongue Once dissolved, nicotine passes through the mouth lining	It can be used whenever required Discreet Easy to adjust the dose	If it is sucked or swallowed, nicotine is wasted

While you are in hospital...

If you haven't quit smoking, we can help you to be smokefree during your stay. Please ask the staff caring for you about the support available.

If you wish, we can prescribe NRT (Nicotine Replacement Therapy) for the duration of your stay. We also have specially trained advisers who you can ask to see.

Nicotine Replacement Therapy works by giving your body a much safer, lower dose of nicotine that reduces any cravings to smoke.

If you are a smoker, stopping smoking will **speed your recovery** and may increase the effectiveness, as well as reduce the side effects, of your treatment.

Your local NHS Stop Smoking Service
For free advice on stopping smoking:

TORBAY—01803 299160

OTHER AREAS—01626 357039

Or

NHS Smoking Helpline

0800 169 0 169