

## PATIENT INFORMATION

# Your Smoke-Free Journey in Hospital: A guide for patients

Entering a smokefree hospital environment doesn't have to be a problem — it can be an opportunity to quit.

It is never too late to stop smoking. This leaflet explains the benefits of quitting, the support available, and how we can help you stay smokefree during your hospital stay.

### **Why we are smokefree:**

- To protect the health of our patients, staff, and visitors
- To provide a clean and pleasant environment, free from second-hand smoke
- To reduce the risk of fire
- To help patients recover more quickly and safely
- To increase the effectiveness of your treatment

### **What happens when you quit smoking?**

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...

- After 20 minutes, check your pulse! It's already returning to normal
- After 8 hours, your oxygen levels are recovering too and the harmful carbon monoxide in your body has halved
- After 48 hours, all carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving

- After 72 hours, breathing feels easier and best of all you're feeling more energetic
- After 2-12 weeks, your blood is pumping to your heart and muscles better thanks to improved circulation
- After 3-9 months, your lungs are working 10% better so less coughing and wheezing
- After 1 year, your risk of a heart attack has halved compared to a smoker
- After 10 years, your risk of death from lung cancer has halved as well
- After 15 years, your risk of heart attack is now the same as someone who has never smoked



## **If you smoke, you may have tobacco dependency**

Tobacco dependency is a medical condition, and effective treatment is available. We can offer a range of evidence-based medications to help reduce cravings and withdrawal symptoms and support you to stop smoking. These include:

- Using nicotine replacement products such as patches, mouth spray, nasal spray, gum, lozenges, or inhalators significantly increases your chances of quitting.
- Medicines such as varenicline or cytisine can also help by reducing cravings and withdrawal symptoms and significantly increase your chances of quitting.
- Some people choose to use e-cigarettes as a replacement for tobacco. Evidence shows they can be helpful for quitting when used alongside support.
- Getting help from your local Treating Tobacco Dependency Service (outpatient) or from an in-house Specially Trained Tobacco Advisor (inpatient) significantly increases your chances of stopping smoking for good.



## **While you are in hospital – inpatient support**

If you haven't quit smoking, we can help you stay smokefree during your hospital stay.

- Ask the staff caring for you about the support available.
- As part of your routine care, you will be offered treatment for tobacco dependency, which may include Nicotine Replacement Therapy (NRT), varenicline, or cytisine to prevent withdrawal symptoms and help you remain smokefree.
- Ask your nurse, doctor or ward staff for referral to our Specially Trained Tobacco Advisor for personalised advice and support.
  -  073 8885 4889
  -  [tsdft.ttd@nhs.net](mailto:tsdft.ttd@nhs.net)

## After you leave hospital – outpatient support

If you would like ongoing support after leaving hospital, we can refer you to local Treating Tobacco Dependency Services. These are outpatient services for people living in the local area:

- Your Health Torbay – Torbay Stop Smoking Service  
(for people living in postcodes TQ1 to TQ5)  
 01803 422 422  
 [yourhealth.torbay@nhs.net](mailto:yourhealth.torbay@nhs.net)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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