

There is no safe level of exposure to cigarette smoke and we hope that you will use your hospital stay as an opportunity to think about becoming smoke free.

We know not every smoker is ready to stop but medications to reduce nicotine cravings will be readily available for you during your stay.

### Local NHS Stop Smoking Services

Receive friendly advice and a warm welcome from an NHS specialist trained adviser.

You choose if you want to receive support individually or in a group. Telephone support or home visits may also be available.

Nicotine Replacement Products (NRT) and Champix are available on prescription.

If you would prefer to self refer please phone for details or visit your GP.

**Berkshire:** 0800 622 6360

**Bracknell Forest:** 01344 352 000

**Buckinghamshire:** 0845 270 7222

**Hampshire:** 0800 772 3649

**Surrey:** 01737 652 168

You are nearly **five times** more likely to be successful with the right support!

### NHS Smoking Helpline

<https://www.nhs.uk/smokefree>

Please remember that help to quit is always available from your GP

For a translation of this leaflet or for accessing this information in another format:

Large Print



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

**Telephone:** 01276 526706

**Email:** Palsfrimleypark@fhft.nhs.uk

**Heatherwood Hospital**

**Telephone:** 01753 633365

**Email:** Palsheatherwood@fhft.nhs.uk

**Wexham Park Hospital**

**Telephone:** 01753 633365

**Email:** Palswexhampark@fhft.nhs.uk

<p><b>Frimley Health NHS Foundation Trust</b>  <b>Frimley Park Hospital</b>          Portsmouth Road, Frimley, Surrey, GU16 7UJ          Hospital switchboard: 01276 604604          Website: www.fhft.nhs.uk</p>
<p><b>Frimley Health NHS Foundation Trust</b>  <b>Heatherwood Hospital</b>          London Road, Ascot, SL5 8AA          Hospital switchboard: 01344 623333          Website: www.fhft.nhs.uk</p>
<p><b>Frimley Health NHS Foundation Trust</b>  <b>Wexham Park Hospital</b>          Wexham, Slough, Berkshire, SL2 4HL          Hospital switchboard: 01753 633000          Website: www.fhft.nhs.uk</p>

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### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.



# SMOKEFREE FRIMLEY HEALTH



## A Guide for Patients and Visitors and Staff

## What is the Smoke Free Site Policy?

All of the hospital buildings, grounds and car parks are completely smoke free areas.



The policy aims to protect everyone from the dangers of second-hand smoke.

We ask everyone to respect our policy and help to make it a success by refraining from smoking and vaping. The current policy does include the use of e-cigarettes.

## Why do we have a smoke free site?

As part of our commitment to promote good health:

- We have a duty to protect staff, patients and visitors from the harmful effects of second-hand smoke (Health Act 2006).
- We have a legal obligation to provide a safe working environment to protect staff health.
- We want to support patients who are trying to stop smoking by creating a smoke free environment.

## Use of Electronic Cigarettes (E-cigarettes, vaping)

We appreciate these devices are popular among smokers as a means of reducing or stopping smoking.

They are currently not licensed as a stop smoking aid and are not available locally on NHS prescription.

Due to concerns with charging and the oxygen rich environment in a hospital, *you will not be permitted to use them* in any building within Frimley Health.

**Ward staff will be happy to arrange Nicotine Replacement Therapy (NRT) for patients**

## Nicotine Replacement Therapy (NRT)

These products are available FREE of charge for any smokers admitted to a ward.

Nicotine patches and the inhalator are the most popular choice, but other products are available.

*Please ask to try them to support your efforts to quit*



## Preparing for your Hospital Visit

1. Please remember you will not be able to smoke in the hospital grounds or car park.
2. For your convenience, please bring your nicotine replacement products, e.g. patches, to use in hospital.
3. Agree to our staff referring you for FREE specialist support—we can also do this from an out patient clinic appointment.

## Inpatient Stay

When you come into hospital, please expect to be asked if you are a smoker and if you are interested in quitting.

### ***We are not judging you***

We use the information to help plan your care and to offer support and medication to help ease cravings.

You are strongly advised to STOP smoking before any surgery, as this will reduce the risk of complications.

Evidence shows that being smoke free may reduce your length of stay in hospital.

Wounds will heal quicker, with fewer infections.

Being smoke free will help prescribed medications to be more effective.

## Stop Smoking Support Available

Stopping smoking is the single most important step you can take to improve your health.

Quitting can be daunting in the first few weeks, so help is readily available, which will increase the likelihood of long term success.

- We can arrange for a specialist stop smoking adviser to visit you during your hospital stay.
- Nicotine replacement products are available FREE for all inpatient smokers.
- There will be on going support available for you when you go home.