

Smoking and Your Hospital Stay

Smoking is one of the biggest health concerns of our local community. Our health service is committed to providing a smoke-free environment for all patients, visitors and staff.

All hospitals have a smoke-free policy. Smoking (including the use of e-cigarettes) is not permitted anywhere at this facility or within five metres of the hospital campus boundary. Please speak to your doctor, nurse or pharmacist if you experience cravings or find it difficult to cope without smoking.

What happens when I can't smoke?

You may have symptoms of withdrawal from nicotine, the addictive drug in tobacco. It is easy to confuse these feelings with worries or stress about being in the hospital.

Nicotine withdrawal can cause:

- Cravings for cigarettes
- Depressed mood
- Increased appetite
- Irritability, frustration, anger
- Anxiety
- Trouble sleeping
- Restlessness

These symptoms are signs that the level of nicotine in your body is decreasing. They can start a few hours to a few days after smoking your last cigarette, but everyone is different. They peak 2 to 3 days after quitting and decrease over time.

How can I relieve cravings to smoke?

You can relieve cravings and discomfort by using one or both of these products in the hospital:

- Nicotine gum
- Nicotine patch

These are available FREE on every ward!*

These products must be used correctly for best results – ask your ward pharmacist or nurse for instructions.

These products will:

- Make you more comfortable – even if you don't plan to quit smoking.
- Double your chance of success, if you try to cut down or quit.



**Nicotine patches and gum are available FREE for hospital inpatients only. Upon discharge eligible patients can access these products at a subsidised price or FREE from Quitline. Talk to your pharmacist to find out if you are eligible for one or more of these subsidies.*

Now is a good time to quit smoking!

When you smoke...

- It takes longer to recover from illness and surgery
- Your heart rate and blood pressure go up
- Your wounds and bones heal more slowly
- Your lungs get more congested
- Your chance of a heart attack, stroke or cancer goes up
- You may need higher doses of your medications
- You expose your loved ones to second-hand smoke



Since hospitals are smoke-free and you have good support, being in the hospital is a great time to quit! While in hospital, you may be asked about smoking and offered assistance to quit by multiple health professionals.

What do I do if I want to quit smoking?

Don't wait! Ask for help today from your hospital doctor, nurse, pharmacist or therapist. Nicotine replacement therapy in the form of patches and gum are available in our hospital – they are FREE during your inpatient stay! Most therapies that assist with quitting work best when continued for at least three months. There are other medications available to help you quit smoking. You can follow up with your local doctor or healthcare provider when you get home.

What if I don't want to quit smoking?

Because you can't smoke in the hospital, using the nicotine patch or gum will help with nicotine withdrawal symptoms and make you more comfortable. You may be recommended by the hospital doctor, nurse or pharmacist to use these products – they are FREE during your inpatient stay! Please be aware that you may incur a fine if you choose to smoke on the hospital grounds.

The support you need has never been closer!

- **Call Quitline 13 7848 or visit <http://www.quitnow.gov.au/>**
- **Download the 'My QuitBuddy' app on your smartphone to track your progress**
- **See your local doctor, pharmacist or healthcare provider when you are at home**
- **Addiction Services offers free face-to-face counselling and advice to smokers in the Metro South area. You can contact them for more information:**

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| Inala | 07 3275 5300 |
| Cleveland | 07 3825 6060 |
| Logan Central & Browns Plains | 07 3089 4084 |



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2 (2.4.1) Consumers and/or carers provided feedback on this patient information.

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