

**Note to hospital staff:
please include in secure
internal/external mail.**

Thank you.

Get well sooner.

Get support to stop
smoking during your
hospital visit.



For a speedier recovery, quit smoking.

Whatever your reason for your stay in hospital, don't let cigarettes make it even longer. **Quitting before or during your hospital visit can speed up your recovery and reduce the risk of complication.**



The facts

Compared with ex-smokers and non-smokers, smokers are more likely to:

- Need more anaesthesia for all surgery which means a longer recovery time.
- Have a higher risk of chest infections after surgery.
- Have more problems with the healing of bones and wounds.
- Spend longer in the recovery room and need extra oxygen.

It's never too late to quit.

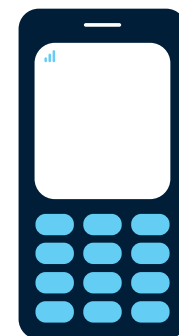
Stopping smoking weeks, if not months before your stay, is best for your recovery. However, not everyone knows when they are going to be in hospital, **but it's never too late to quit.** Hospital environments are **completely Smokefree**, this makes it an ideal opportunity to quit smoking with the right help. After only two days of being Smokefree, carbon monoxide leaves your body and this can improve your recovery time.

We can help you.

Stopping smoking can be difficult, but with NHS support it is much easier and you're up to **four times more likely to quit successfully!**

We understand that different things work for different people, so your **free and confidential local NHS Stop Smoking Service** will help you find what's right for you. You can choose from a selection of stop smoking medications and receive 1-2-1 consultations. The medications can help you if you are experiencing withdrawal symptoms during your stay in hospital.

To find out more about the support that you can receive before, during or after your stay, complete the form to the right and pass to a member of staff.



Complete the form below, tear out and pass to the ward staff. A Stop Smoking adviser will contact you soon.

Name: _____

Date: _____

Ward (if applicable): _____

Discharge date (if applicable): _____

Telephone number (mobile): _____

Can we leave a message? _____

Outpatient Department (if applicable): _____
