

Want to stop smoking?

We are right
here to help



We are a smoke-free Trust

Guy's and St Thomas' NHS Foundation Trust, including Evelina London Children's Hospital, is a smoke-free Trust. This means that **smoking is not allowed anywhere on our hospital or community premises and grounds.** The use of e-cigarettes is also not permitted.

To support you with this we offer the following services:

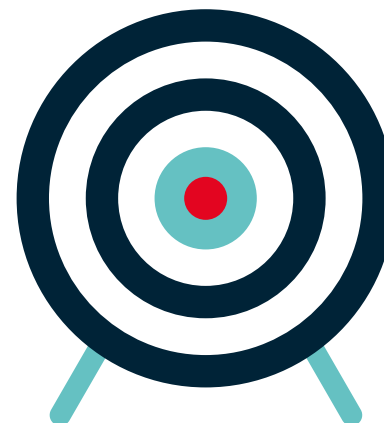
- Patients, staff and visitors who would like support to stop smoking for good can access our free NHS Stop Smoking Service. Please read the next section for further details.
- Patients staying at our hospital who do not want to stop smoking but would like help to manage their cravings during their visit can access free nicotine replacement therapy (NRT). Please speak to a member of staff for more information.
- Staff and visitors can purchase NRT from Sainsbury's pharmacy located at both Guy's and St Thomas' Hospitals.

FREE support that really works

With our free **NHS Stop Smoking Service** on your side, **you are up to four times more likely to quit for good.**

Our service provides:

- expert advice and friendly support
- personal quit plan, tailored to your needs
- stop smoking treatments to help beat cravings
- motivational tips on how to stay on track
- a choice of support options to fit your lifestyle.



Stop smoking support for everyone

Both Guy's and St Thomas' hospitals offer one-to-one support for all patients, visitors and staff who want to quit smoking. For more information email stopsmoking@gstt.nhs.uk or call **020 7188 0995**.

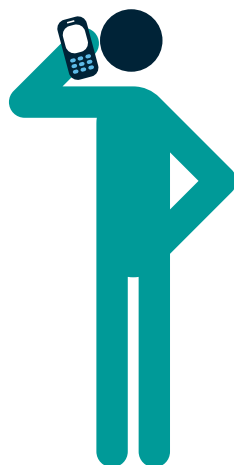
If you would like support closer to home, we can also refer you to a local service.

Patients

Alternatively, if you are a patient staying at one of our hospitals, we can see you on the ward.

There are many benefits from quitting smoking, including making a speedier recovery whilst in our hospital. If you quit you will:

- need less anaesthetic for surgery which means a shorter recovery time
- have a lower risk of chest infections
- have a reduced risk of heart attack/complications
- have fewer problems with the healing of bones and wounds
- spend less time in the recovery room and be less likely to need extra oxygen.



What to expect

Once you have decided to receive support from the **NHS Stop Smoking Service**, you are probably wondering what happens next.

A friendly chat

At your first session, the adviser will talk you through all the options available to you.

There is no pressure – you will be encouraged to quit at your own pace. Together we will set and agree your quit date.

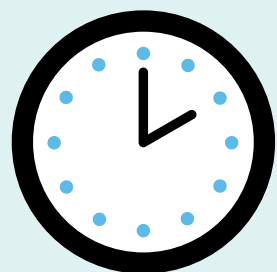
Support sessions

You will normally have to attend six or seven support sessions to see a difference, but this can vary. Based on your smoking and medical history, and current smoking habits, your adviser will help you decide which stop smoking medicine will work best for you. Options include NRT (such as inhalators, lozenges and mouth sprays), as well as prescription-only medicines that will help reduce your cravings.

Keeping on track

After quitting, the sessions will help you manage cravings and/or withdrawal symptoms. You will get regular carbon monoxide checks to show how much progress you are making. You will also get useful tips on coping with 'triggers' and support to help you avoid a relapse. Text and telephone support is also available between appointments.

Enjoying the benefits of life as a non-smoker



After...

Your health will begin to improve after just 20 minutes and you will soon start to notice the benefits of quitting.

20 mins	Your blood pressure and pulse rate will be back to the normal rate of a non-smoker.
24 hours	Carbon monoxide will be gone from your body. Your lungs will start to clear out unwanted mucus and smoking debris.
48 hours	Food will start to taste better and your sense of smell will improve too.
72 hours	Your breathing will become easier and your energy levels will increase.

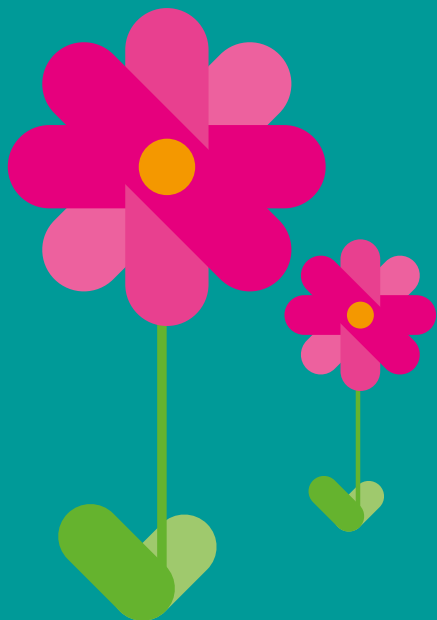


After...

Did you know that quitting smoking helps bones and wounds heal quicker when you are hurt? It will also reduce the amount of time that you have to stay in hospital after treatment.

2-12 weeks	Your circulation will improve, making your skin look better.
3-9 months	'Smoker's cough' and breathing problems should improve as your lung function increases by up to 10%.
5 years	Your risk of a heart attack will fall to about half that of a smoker.
10 years	Your risk of lung cancer will fall to half that of a smoker ... and your risk of a heart attack should be the same as someone who has never smoked.

**For more information
call us on 020 7188 0995,
email stopsmoking@gstt.nhs.uk
or speak to a member of hospital staff.**



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