

Guy's and St Thomas'



NHS Foundation Trust

# We are smoke-free



# **We are smoke-free**

Guy's and St Thomas' NHS Foundation Trust went smoke-free on 19 June 2015.

**You are no longer allowed to smoke or use e-cigarettes on any Trust property, including outside areas.**

## **Why we made this change**

We know that smoking is the single greatest cause of preventable ill health. Since July 2007 smoking has not been permitted inside any of our buildings, to protect the health of all people using our hospitals and clinics.

We want everyone who uses our services to be safe and to see our hospitals and community premises as places that promote good health and wellbeing.

To help achieve this we made our grounds smoke-free, so that patients and visitors are not exposed to the harmful effects of cigarette smoke whilst on our premises.

## How we can support you

If you are a smoker then we are here to help. We have a team of specialists, highly experienced in helping smokers to either manage without nicotine for a period of time – for example during your hospital stay or appointment – or to help you give up for good.

If you are a patient staying at the hospital you will be asked if you smoke. You will be offered nicotine replacement therapy (NRT), if it is suitable for you. There are many types of NRT available (such as patches, lozenges and mouthsprays) and we will help you to find the one that works for you. If you want to stop smoking for good, you may also be offered a medicine called varenicline (Champix®). This works by reducing your craving for a cigarette.

Giving up smoking is a personal choice, but is the most important thing you can do for your health and those around you. We will respect your decision and support you to give up if you choose to. We can also provide medication to help control your withdrawal symptoms during your stay.

If you are having a planned admission to our hospitals, the best thing you can do is contact your local stop smoking service (call 0300 123 1044 to find details of your local service) or your GP and ask for NRT to take into hospital with you. That way you can start using NRT before you arrive.

If you have an unplanned admission, you can ask any nurse or doctor to give you NRT to help with your nicotine withdrawal symptoms, and you can request a visit from a stop smoking specialist.

If you are a visitor, we ask that you do not smoke during your visit. If you are visiting for a long period, you can buy NRT from our outpatient pharmacies, at both Guy's and St Thomas' hospitals.

If you have any questions about giving up smoking or managing your withdrawal symptoms, please call us on 020 7188 0995 or email [stopsmoking@gstt.nhs.uk](mailto:stopsmoking@gstt.nhs.uk)

## Further information

For more information about the smoke-free policy, please visit [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

### **Patient Advice and Liaison Service (PALS)**

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801

e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### **Language Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details:

t: 020 7188 8815      fax: 020 7188 5953



## **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. w: [www.nhs.uk](http://www.nhs.uk)

## **Become a member of your local hospitals, and help shape our future**

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join:

t: 0848 143 4017

e: [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)

w: [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

showing  
we **care**

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