

Wanting to quit?

We know that many smokers want to quit and hope that you may be motivated to stay smoke free after leaving Berkshire Healthcare.

At the same time we recognise how difficult it can be to give up.

That's why:

- We have dedicated a tobacco dependence advisor available on site.
- You will get all the expert support you need to have the best chance of staying smoke free while you are in hospital and will receive follow up support on discharge.
- Nicotine replacement is provided FREE and your advisor will help you choose what will work best for you. Vapes are also available and your Tobacco Dependence Advisor will discuss the best options for you.

Some benefits to stopping smoking:



Less stress

More energy



Improved fertility



Healthier teeth, gums and skin

Healthier lungs, easier breathing



Reduced risk of developing cancer and other smoke related illnesses

Did you know...?

Stopping smoking can benefit mental as well as physical health.

How to contact us

If you have any questions about the contents of this leaflet, speak to your doctor or pharmacist...

Or you can ring our patient helpline for advice **0118 960 5075**

Leaflet produced by:

Medicines Information, Pharmacy Department, Prospect Park Hospital

In association with:

www.smokefreelifeberkshire.com

www.nhs.uk/smokefree

Proud to be...
Smoke free and Vape friendly*

*Ask our staff about using vapes at our sites



berkshirehealthcare.nhs.uk



Berkshire Healthcare
NHS Foundation Trust

Information for Patients

Medicines and Smoking



Smoke free

As your healthcare provider we want to promote healthy choices and environments for both the users of our services and our staff.

We are proud that from July 2015 all of our hospital sites are totally smoke free.

This means we will be asking you not to smoke or use e-cigarettes within the hospital grounds during your stay. We know this could be difficult, so this leaflet explains the help that is available.

Did you know...

Medicines can be affected by cigarette smoke?



Nicotine replacement

As an inpatient to our services, you will be offered free nicotine replacement (also known as 'NRT'). This could include:

- nicotine patches
- nicotine gum, lozenges
- inhalators

NRT products can help manage cravings, even if you're not ready to quit just yet.

Ecigarettes are available from the vending machine to support you maintain abstinence from smoking while on the wards. It can be used with NRT patches or as an alternative.

It is important you discuss your needs with a member of staff as we want you to be free from nicotine withdrawals and as comfortable as possible during your stay.



Nicotine Patch



Nicotine Gum



Inhalators

How cigarettes affect medicines:

The chemicals in cigarette smoke interact with many medicines, this means smoking can alter how your body processes them.

If you use NRT /e-cigarettes or quit smoking altogether, the levels of some of your medications could become too high, and a dose reduction may be needed. The opposite can happen if you start smoking again.

Medicines affected

Whether or not you smoke could be important if you take certain medicines, these include*:

Clozapine
(an antipsychotic)

Olanzapine
(an antipsychotic)

Chlorpromazine
(an antipsychotic)

Theophylline
(for asthma)

Warfarin
(a blood thinner)

Methadone
(for addictions)

Some antidepressants

Some sleeping tablets

*The medicines listed are a small example only. Always check with your healthcare provider if your medicines are affected by smoking/stopping smoking.

Did you know...

If you stop smoking, your medicine dose may need reducing, even if you are using NRT?

Our Tobacco Dependence Advisor will contact you following discharge to review your progress and see if you require any additional support .

If you choose to restart smoking, make sure you consult your GP or specialist, about your smoking status, so that our medications can be adjusted if necessary.