



Royal Berkshire
NHS Foundation Trust



Support to stop smoking

Information for patients,
relatives and carers

This leaflet explains how we can help if you smoke or vape tobacco and are admitted to a ward in the Royal Berkshire Hospital.

We are a smoke free hospital

We are committed to promoting healthy choices and environments for our patients, visitors and staff. We follow the NHS Smoke Free Pledge, which means we have a completely smoke free environment. **Smoking, including vapes and e-cigarettes, is not allowed anywhere on Trust property, either indoors or outdoors. This applies to all patients, visitors and staff.**



We know this can be difficult

Staying in hospital can be even more challenging if you are a smoker. This leaflet explains how we can support you while you are with us.

Stopping smoking will help your recovery

- Reduces the risk of infection.
- Promotes faster wound healing and bone repair.
- Reduces problems with anaesthetics.
- Shortens your stay in hospital.
- Improves mental health.
- Protects those around you from second-hand smoke.



If you are a smoker in hospital

If you smoke and stay with us overnight, you will be offered one-to-one support to help you stay smoke-free while you are here. This will include expert guidance and appropriate medication. This is a real opportunity to quit smoking, either temporarily or permanently.



If you are pregnant

Stopping smoking is the best thing you can do for you and your baby's health. If you need help to stop smoking, please speak to your midwife and they will be able to support you.



Nicotine replacement therapy

Nicotine is what makes smoking so difficult to give up. Nicotine Replacement Therapy (NRT) provides a controlled dose without the dangerous chemicals in tobacco smoke, such as tar and carbon monoxide, which are so damaging to your health. This helps with the cravings and irritability that happen when you quit smoking. Options include patches, inhalators, lozenges and gum, and your advisor will recommend which is best for you.



After you leave hospital

Being in hospital is a good chance to stop smoking for good, and we can supply you with NRT to take home. We can also refer you to your local stop smoking service for continuing support, with a free 12-week programme of support tailored to your needs. This can include free NRT and other forms of support.



The stop smoking service you use depends on where you live or work:

<ul style="list-style-type: none">• Berkshire, visit www.smokefreelifeberkshire.com/ 0118 449 2026	
<ul style="list-style-type: none">• Hampshire, visit www.smokefreehampshire.co.uk 01264 563 039	
<ul style="list-style-type: none">• Oxfordshire, visit www.stopforlifeoxon.org 0800 122 3790	
<ul style="list-style-type: none">• If you live outside these areas, visit www.nhs.uk/service-search/other-health-services/stop-smoking-support-services	
<ul style="list-style-type: none">• Or speak to your local pharmacist	

As well as being referred by us, these services can help you or any friends or family to quit. You can contact them direct by phone or online.

Further information

- Please speak to your ward team for more information about stopping smoking.
- There a number of apps available such as the NHS Quit Smoking app on Apple and Android to help you quit.
- For general information about stopping smoking, visit <https://www.nhs.uk/better-health/quit-smoking/>



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.