

## Services for patients who smoke

### Before admission:

- The **HSE Smoking Cessation Service**. Phone: 01 274 4297. Ask your GP for details of your local service.
- The **National Smokers Quitline**:  
Callsave 1850 201 203

### Before or during admission:

- The **Smoking Advice Service** in this hospital. Ask your hospital doctor to refer you, or phone 01 221 4958.

Staff in these services can help you prepare for admission by discussing the best ways of either quitting altogether or using nicotine products to help during your stay. They will help you draw up a plan to suit you. The hospital service can support you during your stay in hospital.

If you have tried to stop smoking in the past, this can be a good opportunity for trying again. There is a lot of support available — do ask!

Thank you for helping us create a healthier environment for patients, staff and visitors by

- Not smoking on campus
- Leaving your cigarettes at home, or
- Asking a friend or family member to bring your cigarettes home
- Using nicotine products if needed while in hospital

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St. Vincent's  
Healthcare  
GROUP LIMITED

**Do you want  
help to stop  
smoking while  
in hospital?**

**St. Vincent's University  
Hospital is a smoke-free  
campus.**

**Smoking is not  
permitted on this  
hospital's grounds**

**Information  
for  
patients**

## Why go totally smoke-free?

St Vincent's University Hospital is a health-promoting hospital. Smoking is not permitted on the hospital campus, including the grounds. This is not an effort to get people to stop smoking altogether, but to stop smoking taking place on St.

Vincent's University Hospital grounds. However it is not the intention of the policy to make life difficult or uncomfortable for anyone, and support will be provided for smokers.

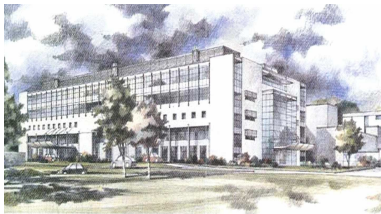
## What are the benefits for you of going totally smoke-free?

Going smoke-free helps with recovery. It can help with preventing and treating many illnesses, including heart disease, lung diseases, cancer, infections and recovery from surgery. There is almost no illness that doesn't benefit from stopping smoking.

## Help for patients who smoke

There is a lot of help available to support patients who smoke, locally and in the hospital. This is for people who want to stop smoking long-term, or for those who just want help to stop smoking while in hospital.

The help includes stop smoking courses, one-to-one sessions and nicotine products. You can get advice by phone, by attending your local HSE service, or from this hospital.



## Are you due to be admitted to hospital?

If you smoke, do plan for your admission. Ask your GP what services are available near your home, and discuss nicotine products.

## Nicotine products

**Most of the need for cigarettes is actually a need for nicotine.**

Nicotine can be taken in other forms that are safer for you and others around you, such as the nicotine patch. To avoid strong cravings developing, it is best to start these products **before admission** or **as soon as you come into hospital**. Not everyone needs these products, but most people who smoke 20 or more cigarettes/day, or have their first cigarette within an hour of waking find that they help.

**Nicotine products** include patch, lozenge, inhaler and gum

**Before admission:** Nicotine products can be bought over the counter in your chemist. They are available through the medical card. You can discuss this with your GP.

**When admitted:** Your hospital doctor can prescribe nicotine products for you as part of your hospital medication. Discuss this with your doctor or ward nurse. There is no charge for these products while you are in hospital.