



You can't smoke around hospitals



While you are in hospital you will not be able to smoke.

Your doctor or nurse will treat any cravings or withdrawals you have. They will use patches, lozenges or inhalers to make you feel more comfortable.

Not smoking will help your recovery and allow your medications to work better.

Your family and friends can help you by not smoking around you.



Nicotine products will help you cope.

Nicotine withdrawals can make you feel anxious, depressed, irritable, restless or frustrated.

You might find it hard to sleep. You might have strong urges to smoke.



Nicotine products can help manage these symptoms while in hospital.

Talk to your doctor or nurse. Start using nicotine products before cravings start.

Nicotine products have very small amounts of nicotine, compared to cigarettes.

If you still have withdrawal symptoms or strong cravings to smoke, you may need more.

Ask your nurse or doctor for some nicotine inhalers, lozenges or another patch.

Being smoke free in hospital may make you think about quitting smoking. There is help available.

Ask your GP or call the Quitline, download a phone app or visit a website for more information.



PHONE APPS:

My Quit Buddy
Quit for You, Quit for Two



WEBSITES:

www.quitnow.org.au
www.icanquit.com.au



TELEPHONE SUPPORT:

Quitline 13 7848



Health

Illawarra Shoalhaven
Local Health District



We are smoke free for your health and ours.