

Short term Nicotine Replacement Therapy (NRT) – a guide for inpatients

This information leaflet is aimed at providing information on Nicotine Replacement Therapy for patients who wish to commence NRT prior to their admission to hospital, but do not want to give up smoking.

Why is Addenbrooke's a smoke free site?

Following public consultation, Addenbrooke's site (boundaries of Long Road, Babraham Road, Robinson Way, bus station and car parks included) became a smoke free site on 8 March 2006. This means that all patients, visitors and staff are no longer allowed to smoke within the hospital or its grounds.

This policy has been developed because:

- the public health white paper, Choosing Health, makes a clear commitment to a smoke free NHS by the end of 2006.
- second hand smoke, which is breathing other people's tobacco smoke, has now been shown to cause lung cancer and heart disease in non smokers, as well as many other illnesses (www.rcplondon.ac.uk).

Patients and visitors who refuse to comply with this policy may be asked to leave the site.

What is Nicotine Replacement Therapy (NRT)?

Most regular smokers are addicted to nicotine. When you give up smoking, even for a short while, your body misses the nicotine. NRT helps you to give up or stop smoking for a short while by replacing some of the nicotine so that you don't have strong withdrawal symptoms.

We ask that all patients who smoke at home bring their own NRT products into hospital with them. These products include:

- patches
- gum
- lozenges
- inhaler
- spray

They are widely available from **chemists, supermarkets** and your **GP** can also prescribe them for you.

If you are admitted as an emergency, or if you forget to bring any NRT into the hospital, NRT is available in the hospital concourse. It is also made available to patients on ITU, ward D10 and patients detained under the Mental Health Act.

The Board of Directors has considered providing NRT for all patients who are smokers. Unfortunately, the financial impact of this would mean that monies would be diverted from direct patient care, and is therefore not possible.

Please note that all forms of NRT come in different strengths, it is therefore important that you read the leaflets that come with the product.

Using NRT

If you wish to start using NRT, the following points are very important:

- **Please read the information leaflet found inside your box of NRT patches or gum, as well as this sheet.**
- If you have any further questions please ask your doctor, nurse or pharmacist
- NRT is available in different strengths. You must make sure you use a strength appropriate to you.
- If you are pregnant it is advisable to use NRT gum rather than patches but if sickness or nausea is a problem then patches can be used.
- If you are breastfeeding it is better if you use gum rather than patches and not use NRT just before breastfeeding.
- If you have heart disease or have had a stroke, you should tell your doctor that you are going to use NRT, and follow his/her advice.
- If your doctor has told you that your kidney or liver is not working properly, consult your doctor before starting to use NRT to help you stop smoking.
- Nicotine from smoking and from NRT affects your blood sugar levels. Therefore, if you have been diagnosed with diabetes you may need to monitor your sugar more regularly than usual, and discuss any changes with your doctor.

Disposing of NRT products

In small children high doses of nicotine are dangerous and can be fatal. For these reasons products containing nicotine should be kept out of the reach and sight of children at all times. All NRT products should be disposed of with care. Used patches should be folded in half with the adhesive side innermost and disposed of with the household waste: alternatively you can return unused, unwanted or expired NRT products to a pharmacy for destruction.

Taking other medications

Smoking can affect the blood levels of some medications. This is because the toxins in the smoke are taken up into the blood and can affect the way the body handles and removes medications from the body. So when you stop smoking these levels might change. There are a small number of medicines where this is really important.

Please ensure that you let the doctors who are looking after you, know that you are using nicotine replacement therapy and if you normally smoke.

If you have any questions about stopping smoking or about NRT products please ask your doctor, nurse or pharmacist or phone the national Quitline on: 0800 169 0 169.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम (ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر ، بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document History

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