



Royal Free London
NHS Foundation Trust

Your smoke free hospital



**Information for patients
and visitors**

This leaflet answers common questions about smoking at the Royal Free London. If you would like further information, or have any particular questions, please do not hesitate to ask your nurse or doctor.

All Royal Free London sites are completely smoke free

This means that patients, visitors and staff are not permitted to smoke (or use e-cigarettes) on any trust premises or grounds including all outside areas.

If you smoke on trust premises, you will be asked to stop by a member of staff. Please respect this and support our smoke-free initiative.

Support available to you to stop smoking

Nicotine replacement therapy (NRT)

The main reason that people smoke is because it is addictive, and it is the nicotine that makes it addictive.

Nicotine replacement therapy is a safe and effective alternative to smoking. It provides you with a low level of nicotine, without the tar, carbon monoxide and other poisonous chemicals which are found in tobacco smoke.

Nicotine replacement therapy products include things such as patches, lozenges, mouth sprays, oral strips, inhalator and gum.

As an in-patient

When you are admitted to one of our hospitals you will be asked if you smoke and if you want help to stop. With help and support, you may find it easier than you thought to stop.

There are many different types of nicotine replacement therapy (NRT) available to you as an in-patient to help you manage any withdrawal symptoms, and these can all be prescribed for you. The full details of these, including how to use nicotine replacement products, their ingredients and their side effects will be discussed with you.

Just ask your nurse or doctor about how NRT can help you to stop smoking and to prescribe you NRT to help with nicotine withdrawal symptoms.

When we discharge you from hospital, we can also provide you with up to a two weeks supply of NRT to take home and you will also be offered a referral to your local stop smoking service.

As an out-patient

When you arrive for your appointment, you will be asked if you smoke and offered a referral to your local stop smoking service. You can also ask your clinician to refer you to your local stop smoking service.

Nicotine replacement therapy (NRT) products are available to buy over the counter from many pharmacies or you can ask your GP to prescribe this for you depending on their policy.

As a visitor

If you are a visitor, we ask that you do not smoke at all during your visit and that you do not bring any tobacco products or e-cigarettes onto the wards.

There are several effective methods of support available to help you stop smoking.

Smokefree National Helpline: 0300 123 1044

Visit: www.nhs.uk/smokefree for help, tips, ideas and support and to find your local stop smoking service.

More information

For more information please visit our website:

www.royalfree.nhs.uk/patients-visitors/stop-smoking/our-smoke-free-policy

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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