

Information about NRT

Nicotine Replacement Therapy (NRT) can also help you to QUIT smoking by replacing cigarettes, cigars or pipes.

NRT is available both over the counter or free on prescription from your GP or at your local pharmacy.

NRT works by releasing a small amount of nicotine, which is slowly absorbed into the body and can help to reduce cravings.

NRT Products

Nicotine Lozenges	1mg, 1½mg, 2mg and 4 mg
Nicotine Patches	24hr/16hr
Nicotine Inhalator	15mg cartridges
Nicotine Gum	2mg and 4 mg
Microtabs	2mg sublingual
Nasal spray	
Mouth spray	

There are also non-Nicotine medications available on prescription that can reduce cravings. These include:

Bupropion	(Zyban®)
Varenicline	(Champix®)

NB. Smoking cessation support services should be offered with Champix.

Further information on all the above products is available from Quit Your Way.

Contact Us

Quit Your Way - with our support (formerly *Smokefree Hebrides*)

Health Promotion Department, Block 11, Laxdale Court, Stornoway, Isle of Lewis, HS2 0GS

Lewis and Harris	01851 701623
Uist	01870 602588
Barra	01871 810895

E-mail: hebrides.quityourway@nhs.net
Web: www.promotionswi.scot.nhs.uk

Quit Your Way (formerly *Smokeline*)
0800 848484

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.careopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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NHS
Eileanan Siar
Western Isles

**QUIT
YOUR
WAY**
with our
support

Bòrd SSN nan Eilean Siar
NHS Western Isles

Smokefree grounds



The days of smoking on NHS grounds
have drawn to a close

Why is the NHS smokefree?

The NHS in Scotland is now totally smokefree.

That's because our job is to protect people's health, whether patient, visitor or staff.

To do this we need to make sure our grounds are the healthiest environments they can be.

As part of that, we can't allow smoking anywhere, on any NHS grounds.

What counts as NHS Grounds?

The whole of the NHS in Scotland is now a smokefree zone.

That means you can't smoke outside hospitals, health centres or GP surgeries, or in NHS car parks or gardens. Buildings are already non-smoking areas inside.

Why can't I smoke outside?

The NHS exists to look after people's health. Even smoking outside can harm those visiting and working in NHS buildings.

For example, every time you smoke, you breathe out second-hand smoke. 85% of second-hand smoke is invisible and odourless, yet it can spread through open windows, doors and ventilation shafts, harming those inside.

What's the harm if I'm not smoking near an entrance?

It's well known that seeing others smoking can make someone more likely to light up too.

This can be particularly harmful to patients as smoking can delay their recovery time or cause complications.

Can I use e-cigs on NHS grounds?

E-cigarettes are not allowed in NHS buildings or on the majority of NHS grounds.

This is because they are not currently regulated as a tobacco product or a medicine in the UK, and we can only recommend products that are known to be safe and effective.

E-cigarettes can also mimic the look of smoking, which may make it harder for others not to smoke.

What help is available while I'm on NHS grounds?

We know it can be hard to go without a cigarette, particularly at stressful times. So before your visit, find out how we can help.

How can we help?

Whether you're just visiting NHS grounds for an hour or two, or in for a longer stay, we understand that going without a cigarette might be hard. Help is available though.

Face-to-face support

If you're admitted to hospital for a planned stay, a Smoking Cessation Advisor from our Quit Your Way team (formerly known as Smokefree Hebrides) can come to see you, and chat through the best options to help you manage.

Quit Your Way

Lewis & Harris - 01851 701623

Uists - 01870 602588

Barra - 01851 701623

Quit Your Way

Quit Your Way is a free NHS advice and support service run by friendly, trained, smoking cessation advisors, who can explain the options open to you.

They can tell you about the advantages of different kinds of Nicotine Replacement Therapy (NRT) and the types of local help available, as well as answer any questions you may have.

Remember, if you are facing surgery and you decide to quit before it, there are real benefits. These include you being less likely to suffer from infections, and more likely to recover and get home quicker.

Nicotine Replacement Therapy (NRT)

You might decide to get help sorted in advance from one or more of the seven different types of Nicotine Replacement Therapy (NRT) available.

All are proven to be safe and effective and you can use more than one product to help you manage without cigarettes.

NRT can also be used to get you through short periods if you're a frequent visitor.

The best thing is to find out what's right for you. You can get free advice from:

- Quit Your Way Advisors
- Your GP
- Your local pharmacist
- Quit Your Way (formerly Smokeline) – call free on 0800 84 84 84.