



University Hospital  
Southampton  
NHS Foundation Trust

# Welcome to your smoke-free hospital

A guide for patients and visitors



**TOGETHER  
WE'LL CREATE A  
HEALTHIER  
FUTURE**



SUPPORTING PEOPLE TO LIVE SMOKE-FREE LIVES

## University Hospital Southampton (UHS) is smoke-free.



- Smoking tobacco is not allowed anywhere on our site, whether inside or in the hospital grounds.
- If you usually smoke, please let your clinical team know so that while you are being cared for we can provide support to help you not to smoke whilst here.
- If you are staying in hospital as an inpatient, you will have access to a range of support services, including free nicotine replacement therapy (NRT) to help you stop or pause smoking during your stay.

### Why is UHS smoke-free?

**There is no safe level of exposure to cigarette smoke. Smoking is a leading cause of health inequalities and ill health in the UK.**

By providing a smoke-free environment, we aim to help protect the health of our patients, visitors, staff and the local community.

We understand that some smokers will not be ready to quit, but by providing a smoke-free environment and support, we help everyone move towards a healthier, smoke-free future.

# Support for patients to stop smoking

## While you are an inpatient

- Our dedicated tobacco dependency team are here to support you in going smoke-free during your stay in hospital.
- We can offer you free nicotine replacement therapy (NRT) during your stay and an individual support plan to help you quit smoking on discharge.

## While you are an outpatient

- We encourage you to use the local and national stop smoking resources.
- If you are coming into hospital for a planned admission, tell your clinical team that you smoke, so that we can help you access support not to smoke during your stay.

## Nicotine replacement therapy (NRT)

While you are staying in hospital you will be offered two types of nicotine replacement therapy (NRT) to support you to not smoke during your stay.

NRT available here includes:

- nicotine patches
- nicotine mouthspray
- nicotine lozenges
- nicotine inhalator

## Vaping

Current evidence and UK government advice confirms vapes are a useful tool for quitting smoking and do not carry the same level of risk to health as cigarettes

As part of our commitment to health of our patients, staff and visitors, we support the use of e-cigarettes (vapes) for short-term use.

Vapes may be used considerately and safely on our grounds:

- outdoors, 5 metres from buildings/entrances
- away from children and other people.

Find out more about e-cigarettes and vaping on the NHS website:

[www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/](https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/)

## Ongoing support to give up smoking

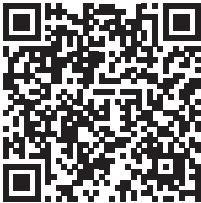
Resources are available if you would like further support to stop smoking, either before your admission or after you leave hospital.

Download the free NHS Quit Smoking App from your Appstore.



To find your local stop smoking service, visit:

[www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service](http://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service)



To contact us, please speak to a member of staff who will refer you to the tobacco dependency services.

## Useful links

Find further information about our smoke-free site, NRT and other support to give up smoking on our website:

[www.uhs.nhs.uk/for-patients/your-stay-in-hospital/stopping-smoking](http://www.uhs.nhs.uk/for-patients/your-stay-in-hospital/stopping-smoking)



If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**

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