

Tobacco Dependency Service

How can we help you to stop smoking?

- While you are in hospital you will be asked if you smoke tobacco. If you do, a doctor will arrange for you to be provided with a form of Nicotine Replacement Treatment (NRT), usually a nicotine patch.
- Ashford & St Peter's Hospitals is a smokefree Trust and smoking is not permitted in the grounds of, or around our hospital's premises.
- NRT will be provided to help to reduce cravings and assist with the nicotine withdrawal symptoms you may feel from not smoking.
- The doctor will also encourage you to quit smoking and if you wish to, we can arrange for an on-site Tobacco Dependency Advisor to visit you to discuss the best long-term treatment for you.
- You will then be provided with a treatment plan which includes information to support your decision to quit.
- On the day you leave hospital you will be eligible for a supply of NRT and with your consent we will refer you for ongoing support in the community, for example, local stop smoking services.
- Ashford and St Peter's Hospital Tobacco Dependency Advisors will also support you with a telephone call every two weeks and then four weeks after your discharge date.
- This is a free service, but you can opt out if you do not wish any further support.

Did you know:

- **Quitting smoking can help to improve your recovery, both in hospital and after you leave.**
- **Getting expert help boosts your chances of success by up to three times!**
- **Quitting smoking can help to improve your recovery, both in hospital and after you leave.**

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Opting into the ASPH Tobacco Dependency Treatment Service gives consent for Ashford & St Peter's Hospital to share your information with NHS England

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਾਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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