

Help with nicotine withdrawal is important while you are in the hospital. City by-laws and hospital policy prevent anyone from smoking anywhere on hospital grounds. We would like to offer help so that you don't have to go off hospital property during your stay. There are a number of ways we can help you stay safe and comfortable without smoking.

Benefits of not smoking during your hospital stay include:

- Shorter hospital stay
- Less infections
- Less breathing problems
- Less admissions to Intensive Care
- You can stay safely inside and be available to get your care



We can help by offering treatment for any uncomfortable symptoms. These are called signs of **Nicotine Withdrawal**.

They can include:

- Anxious
- Irritable
- Lightheaded
- Depressed
- Restless
- Cravings to smoke
- Poor concentration
- Night time waking

One way we can help you manage withdrawal is by offering you Nicotine Replacement Therapy (NRT) or other medications.

NRT is the most common. It includes:

- Nicotine patch
- Nicotine gum

Please use the tracking tool in this brochure to record your usual signs of withdrawal.

Make a list of questions. Make sure all your questions are answered.

Comments or Questions:

During your hospital stay, ask for help to stop smoking. Also ask for help with signs of withdrawal before they are severe!

What are your usual signs of craving a cigarette?

Help with nicotine withdrawal is important while you are in the hospital.

If you are thinking about not smoking after discharge, NRT can help with that as well. Talk with your care giver to help you stop smoking.

These resources are also helpful:

Smoker's Helpline 1-877-513-5333 or @ www.smokershelpline.ca

Seven Oaks Wellness Institute Kick Butt Counseling Service 632-3927 or @ www.wellnessinstitute.ca/quitsmoking

WRHA Tobacco Cessation Resources @ www.wrha.mb.ca/healthinfo/tobacco



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé

**Let us help you have a
smoke-free hospital
stay**

***Here's how you can
help!***

