



SUPPORTING YOU WITH YOUR SMOKING ADDICTION

Here at Whanganui Hospital we like you to know that we care about all aspects of your health and this includes helping to support you to quit smoking. We're not here to judge you in any way but, as part of our duty of care to all our patients, we are here to support and encourage you to be the healthiest you can be.

This means you will be asked on admission if you smoke and offered some brief advice about smoking and your condition. If you smoke you will also be offered a referral on discharge to Whanganui's Stop Smoking Service - Nga Taura Tuhono or another service of your choice.

All tobacco products contain nicotine which is the addictive part of smoking. Whilst we understand that you still may choose to smoke, we urge you try and use one of the products listed below to give you the nicotine fix you need in a healthier way. You may ask any nurse or doctor to provide you with these products whilst you are staying here with us.

PRODUCT	STRENGTH	HOW TO USE	FLAVOUR
Patch	7MG/14MG/21MG	Anywhere on body	N/A
Lozenge	1MG/2MG	Orally	Mint
Gum	2MG/4MG	Orally	Mint/Juicy Fruit
Mouth Spray	1MG	Orally	Mint
Inhalator	15MG	Inhale orally	N/A

If you feel anxious and are still craving for a smoke whilst using these products, please speak to your doctor or nurse. There are always other options and support available.

All Whanganui Hospital grounds are smokefree. This includes the use of e-cigarettes and vapourisers. If you do need to smoke, please walk to the end of Gate 2 and smoke outside the grounds.

If you would like **FREE** support and/or patches/lozenges and gum to either become or remain smokefree once you leave Whanganui Hospital, please don't hesitate to either drop in or call **Whanganui's Stop Smoking Service - Nga Taura Tuhono**.

Whanganui's Stop Smoking Service - Nga Taura Tuhono - 0800 200 249

Free clinics @ The Quit Clinic - 49 Ingestre St | Te Oranganui - 57 Campbell St
Call for information about clinics in Marton and Taihape