

Short term Nicotine Replacement Therapy (NRT) – a guide for inpatients

This leaflet provides information on Nicotine Replacement Therapy (NRT) for inpatients who would like to quit smoking. If you are an inpatient who would like to quit and consent to a referral to CAMQUIT, our local stop smoking service, then NRT is available to you free of charge. At Addenbrookes we take your health very seriously and encourage a healthy lifestyle. Please speak to a nurse or doctor while you are an inpatient if you would like a **CAMQUIT** referral to be made for you.

CAMQUIT referral

As part of a joint **pilot project** with the PCT(Cambridgeshire Primary Care Trust), NRT is available **free of charge** to inpatients who agree to be referred to **CAMQUIT**, our local stop Smoking Service. During your stay at Addenbrookes, we will ask you if you would like help in stopping smoking. With your consent we can make a smoking cessation referral to **CAMQUIT**. You will then have the choice of using Nicotine Replacement therapy to help you with your quit attempt whilst you are an inpatient. We will also give you a week's supply of Nicotine Replacement therapy to take home and CAMQUIT will contact you once you are home.

What is Nicotine Replacement Therapy (NRT)?

Most regular smokers are addicted to nicotine. When you give up smoking, even for a short while, your body misses the nicotine. NRT helps you to give up by replacing some of the nicotine so that you don't have strong withdrawal symptoms. These products include:

- patches
- gum
- lozenges
- inhaler
- nasal spray
- microtabs

They are widely available from **chemists and supermarkets**, and your **GP** can also prescribe them for you. At Addenbrookes we have patches and gum available to you if you accept a **CAMQUIT** referral.

Using NRT

If you wish to start using NRT, the following points are very important:

- **Please read the information leaflet found inside your box of NRT patches or gum, as well as this sheet.**
- If you have any further questions please ask your doctor, nurse or pharmacist
- NRT is available in different strengths, it is therefore important that you read the leaflets that come with the product. You must make sure you use a strength appropriate to you.
- If you are pregnant it is advisable to use NRT gum rather than patches. If sickness or nausea is a problem then patches can be used.
- If you are breastfeeding it is better if you use gum rather than patches and that you do not use NRT just before breastfeeding.
- If you have heart disease or have had a stroke, you should tell your doctor that you are going to use NRT, and follow his/her advice.
- If your doctor has told you that your kidney or liver is not working properly, consult your doctor before starting to use NRT to help you stop smoking.
- Nicotine from smoking and from NRT affects your blood sugar levels. If you have been diagnosed with diabetes you may need to monitor your sugar more regularly than usual, and discuss any changes with your doctor.

Disposing of NRT products

In small children high doses of nicotine are dangerous and can be fatal. For these reasons products containing nicotine must be kept out of the reach and sight of children at all times. All NRT products should be disposed of with care. Used patches should be folded in half with the adhesive side innermost.

Taking other medications

Smoking can affect the blood levels of some medications. This is because the toxins in the smoke are taken up into the blood and can affect the way the body handles and removes medications from the body. So when you stop smoking these levels might change. There are a small number of medicines where this is really important.

Please ensure that you let the doctors who are looking after you, know that you are using nicotine replacement therapy and if you normally smoke.

If you have any questions about stopping smoking or about NRT products please ask your doctor, nurse or pharmacist or phone the national Quitline on: 0800 169 0 169.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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