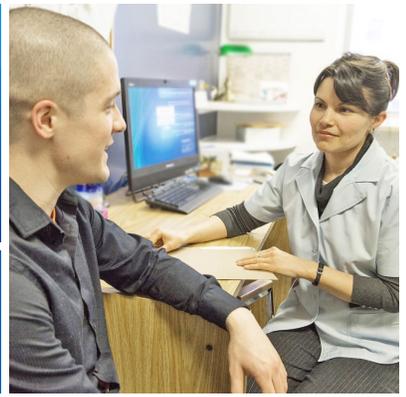


Quitting smoking during my hospital stay



For everyone's health, smoking or vaping is not allowed anywhere in the CHUM. Not smoking will be very helpful for your recovery. This sheet explains why and describes the help you can get.

Why am I asked not to smoke during my hospital stay?

There are major benefits for you:

- better recovery
- less risk of complications
- faster healing of incisions

You are also asked to do this for the health of other patients, their families, and the hospital staff.

But not smoking really stresses me out...

Yes, that's normal. Smoking is an addiction. Your healthcare team will do everything they can to support you. There are ways to relieve your cravings and cope with any symptoms that might come up, such as nervousness and sleep problems. Your team will guide you with respect and will listen to your concerns.

Nicotine is the main cause of cigarette addiction. It has a pleasant effect on the brain, but the other products contained in the smoke can cause illnesses.

What kind of help can I get?

There are different products to reduce cravings and other symptoms.

At the hospital, you can get these at no cost for as long as you are hospitalized. These products are part of your care. Some are nicotine-based (such as patches, gums, or lozenges) and others are drugs (such as Champix or Zyban).



Talk about it with your healthcare team. Together, you will find the best solution for you.

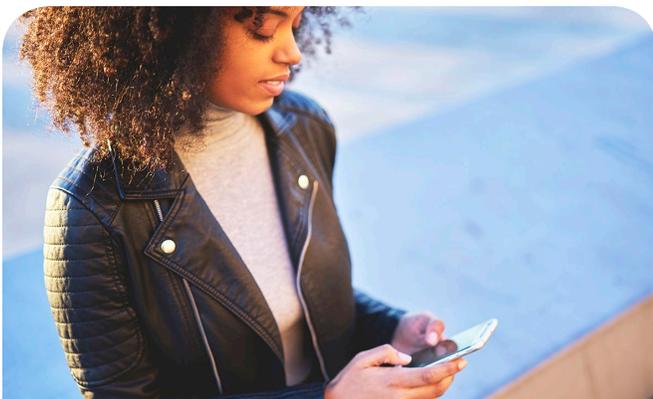
Smoking isn't good for healing. Why?

When you smoke, your skin and organs get less oxygen. So after an operation, or when you're recovering from a health problem, the skin and other tissues (even bones) aren't able to heal as well. Then the risk of infection is higher.

Quit-smoking aids, on the other hand, don't interfere with healing. Those with nicotine have the advantage of giving the body the substance to which it is addicted. But those types of products may be contra-indicated (that is, bad for you) in certain cases.

You were able to stop smoking during your hospital stay. Why not keep it up?

You can get nicotine-based quit-smoking aids in pharmacies. Part of the cost will be covered by your insurance or by the Québec public drug insurance plan. If you want to use a drug (such as Champix), you will need a doctor's prescription. Be sure to get it before you leave the hospital.



Surround yourself with support

If you'd like to remain smoke-free or want to smoke less, it's best to have support from family and friends, or from specialists like those at the I QUIT NOW helpline (see box on right). This telephone support service will increase your chances of success.



USEFUL RESOURCES

The I QUIT NOW helpline Specialists in quitting or smoking reduction are available to help:

- reduce symptoms caused by quitting
- manage difficult situations
- prevent relapses
- control stress
- avoid weight gain

These services are free and confidential.

By phone:

> **1 866 527-7383**

Monday to Thursday, 8 a.m. to 9 p.m.

Friday, 8:00 a.m. to 8:00 p.m.

By text message:

Text message support is available 24 hours a day at:

> **smat.ca**

In-person support:

Available at any Quit Smoking Centre. To find the centre nearest to you, call the I QUIT NOW helpline or consult the website:

> **tobaccofreequebec.ca/iquitnow**

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site

chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca