

# Stay Smoke Free for Recovery

**Discharge  
PLAN**



**northern health**  
*the northern way of caring*

**Quitting smoking is one of the best things you can do for your health.**

**No matter why you are in hospital being smoke free will speed your recovery and help you improve your health.**

**For example, smoking increases the risk of post-operative complications.**

**If you stay smoke free you will experience:**

- Improved healing
- Less chance of getting an infection
- Less lung and breathing problems (such as pneumonia and lung damage)
- Better oxygen transport throughout the body, leading to an improved recovery.

**If you have already quit smoking, congratulations from your health care team on taking this important step. If you are smoking, it's not too late to quit to recover faster and get back to living.**

**You are twice as likely to stay smoke free with support.**

# Free Provincial Services

## Free Nicotine Patches or Gum

If you are interested in 12 weeks of free nicotine replacement therapy (NRT) products to help you quit smoking:

Visit your local pharmacy and ask about the BC Smoking Cessation Program. You may be eligible for free NRT products such as:

- Nicorette® gum
- Nicorette® lozenges
- Nicoderm® patch
- Nicorette® inhaler

You may also be eligible for other smoking cessation medications (Zyban® or Champix®) with a doctor's referral.

Free Services from

# quitnow<sup>ca</sup>

- QuitNow by Phone: Call 8-1-1 or 1-877-455-2233 for telephone support and coaching
- QuitNow by Text: Free 14-week text message support. Text "QUITNOW" to 654321.
- QuitNow online, go to [www.quitnow.ca](http://www.quitnow.ca) Also available is specific information and advice about stopping smoking for surgery.

# Discharge plan: tips for staying smoke free

Use the 4 D's to reduce cravings and manage stress:

- **Delay** - Don't smoke when you feel the urge, wait five minutes and the craving will pass.
  - **Deep Breathing** - Inhale through your nose, and hold it for a count of five. Slowly breathe out through your mouth.
  - **Drink Water** - Slowly drink a glass of water. Hold each sip in your mouth for a few seconds.
  - **Distract** - Keep your hands and your mind busy. Do something that makes it difficult for you to smoke. A "stress ball" is a great tool!
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- **A healthy lifestyle will add years to your life and help you stay smoke free.**
  - **Eat a healthy, balanced diet and increase your activity.**
  - **Use your support systems; family and friends are there to help you!**

Supported by the "Stop Smoking Before Surgery" Initiative

**harmonization**  
WORKING TOGETHER FOR CANCER PREVENTION 

[harmonization.ok.ubc.ca](http://harmonization.ok.ubc.ca)



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