

No smoking Trust



Smoking is not permitted inside any of the Trust's buildings or on the hospital grounds and no smoking signs are displayed across the site.

The smoke free policy supports CUH in promoting the health and wellbeing of staff, patients and visitors to the Trust. Smoking is the main cause of preventable illness and premature death in England and causes a wide range of diseases and medical conditions.

Banning smoking across the hospital site creates a cleaner, more pleasant environment for everybody and stops smoke from drifting inside and impacting the health of our inpatients.

If you are seen smoking whilst at CUH you may be asked to stop by a member of staff.

Managing smoking as an inpatient

If you have a planned operation booked at CUH it is a good time to stop smoking and could really help your recovery.

The best thing you can do is contact your local stop smoking service or your GP in advance of your admission and ask for Nicotine Replacement Therapy (NRT) to use during your hospital stay. This will mean that you won't crave for cigarettes during your stay and you can start using the product before you arrive if you wish.

If you have an unplanned or emergency admission, you can ask any nurse or doctor to give you NRT to help with your nicotine withdrawal symptoms and you will be offered support in order to comply with the smoke-free policy.

Support and advice

If you are thinking about giving up smoking, there is a lot of support available to you:

- Camquit
- You can also go to your own GP for help
- The British Heart Foundation