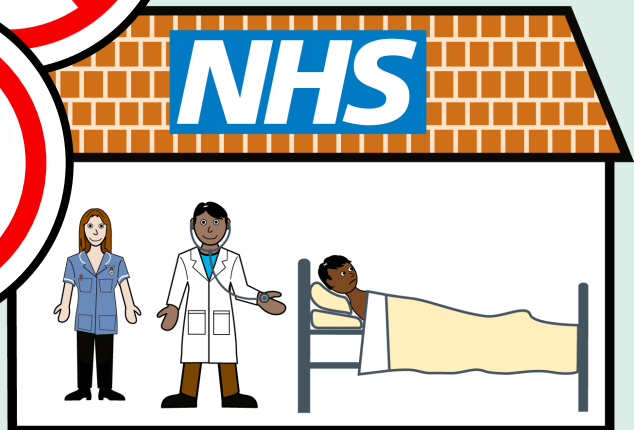
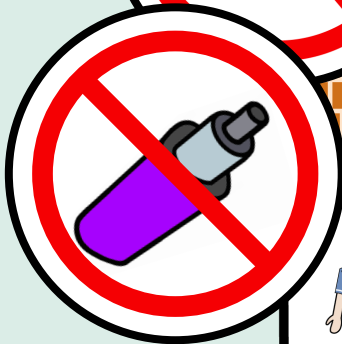


Smoking or Vaping in Hospital

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

smoke free



All our hospitals are smoke free.

no smoking or vaping



You cannot smoke or vape inside the buildings or anywhere on the grounds.

good to stop



When in hospital, it is hard to go out for a cigarette or vape.

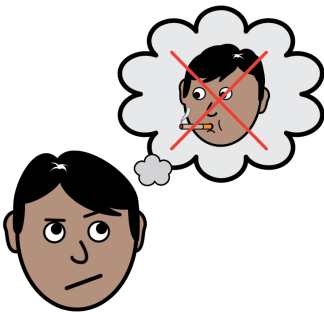
It is a good time to stop.

nil by mouth



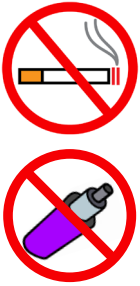
If you have been told you are 'Nil by mouth', this includes smoking or vaping.

hard to stop



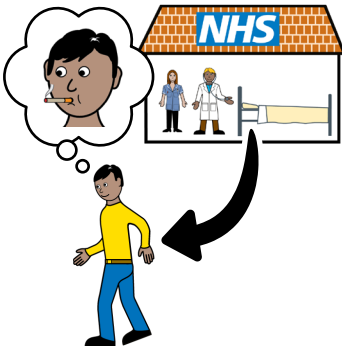
It can be difficult to stop.

CROSS



It can make you cross or angry if you cannot smoke or vape.

go outside



Some people try to go outside for a smoke or vape when they are not well enough.

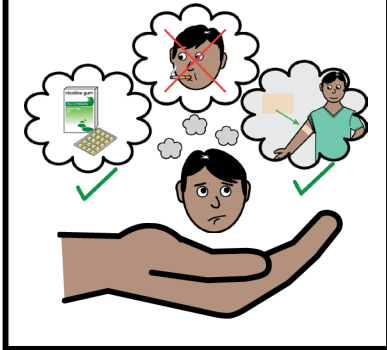
more poorly



This can make you more poorly.

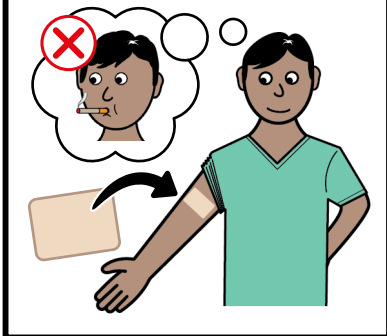
It may increase your risk of a fall.

support



We can support you to stop.

nicotine patch



We can offer a nicotine replacement patch.

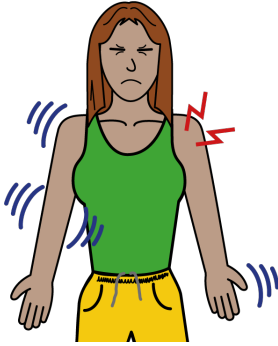
This looks like a plaster and sticks onto your skin.

no pain



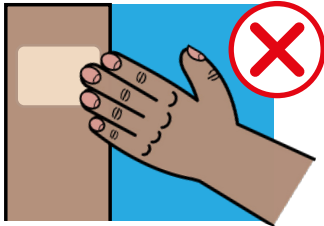
It does not hurt.

reduce craving



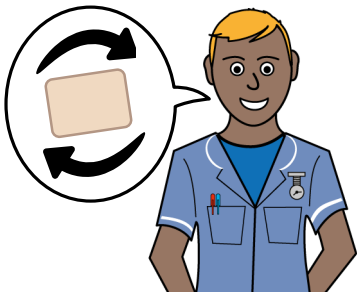
It helps reduce the physical craving for a cigarette or vape.

do not touch the patch



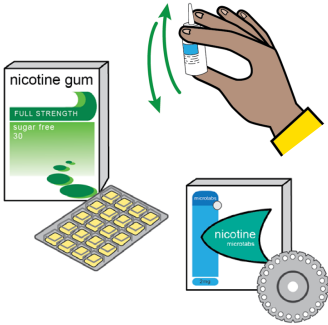
It is important to keep the patch in place.

change patch



The nursing team will change the patch when needed.

nicotine replacement



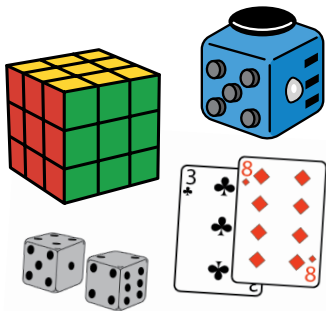
There are other forms of nicotine replacement.

talk to pharmacist



Please talk to your doctor or pharmacist about these.

tools



We can offer fidget and distraction tools to help.

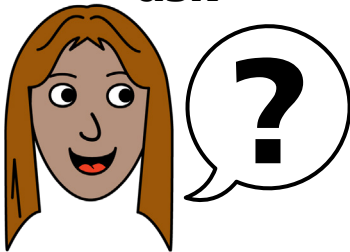
Smoking Cessation



If you want to continue to not smoke at home we can refer you for support.

This is called Smoking Cessation Support.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.lidautism@nhs.net

easy read leaflets



We have other easy reads to support you.

Scan this QR code to see our range of easy read leaflets.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Developed by: Kathleen Smith • Quality Improvement Clinician for Learning Disability and Autism. All images / Resources Copyright © LYPFT easyonthei
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