



Stop Before the Op

Smoking and your referral



From **18th August 2018**, people who **smoke** and are **referred** for **elective surgery** or for a **surgical opinion/procedure** are required to have **at least one appointment** with the **Stop Smoking Service**. Your GP will refer you.

When you attend the Stop Smoking Service (either at your Doctor's Surgery or elsewhere), they will give you a Stop Smoking Passport. You will need to bring this completed passport with you to your first outpatient appointment with the consultant. People who decline to have the Stop Smoking appointment may be refused surgery.

Giving up smoking before your operation can reduce the risk of complications and improve your recovery.

Advantages to giving up smoking

- Stopping smoking improves your health. Changes you might notice include improved breathing, smell, taste and circulation.
- By stopping smoking, you will protect the health of those around you.
- Save money! The average smoker could save around £2,500 per year by stopping smoking.

Benefits of stopping smoking before surgery

- Reduced risk of complications after surgery.
- Reduced risk of lung and heart complications.
- Decreased wound healing time.
- Reduced average length of stay in hospital.

Exceptions

- Referrals for suspected cancer.
- Referrals for emergency surgery.

Essex Stop Smoking Service

The **Stop Smoking Service** is available to **everyone living or working in Essex**. It provides treatment, advice and support in over 200 locations across Essex, including GP surgeries, pharmacies and specialist clinics. Please contact the service using the telephone number, or website link below to be signposted to your nearest support team.



 **0300 303 9988**

 **bit.ly/elsstopsmoking**





E-Cigarettes

The Stop Smoking Service are e-cigarette friendly. If you want to buy an e-cigarette, the Stop Smoking Service will continue to offer you behavioural support. You can also use nicotine replacement products (eg nicotine patches) with e-cigarettes if you want to.



If you need this leaflet in braille, audio, large print or another language, please contact our **Customer Service Team** on:

0300 303 9951 / 0300 303 9952

or by email at:

provide.customerservices@nhs.net

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