

Help to Quit:

**Quitline 13 7848**

[www.quitnow.info.au](http://www.quitnow.info.au)

The Cancer Council WA

Fresh Start Course

Phone: (08) 9212 4333

Email: [freshstart@cancerwa.asn.au](mailto:freshstart@cancerwa.asn.au)

**This document can be made available  
in alternative formats on request from  
a person with a disability.**



Government of **Western Australia**  
Department of **Health**

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# Smoke Free WA Health:

## Advice for patients

Helping to create a healthy  
environment for patients, staff,  
contractors, volunteers and visitors

# No smoking anywhere on grounds



There is no safe level of exposure to Environmental Tobacco Smoke, also known as second hand smoke. All public hospitals and community health facilities across WA are smoke free. Smoking is not permitted on hospital or health service grounds or car parks.

If you want to smoke you will have to leave the hospital grounds. Staff are not permitted to help you to do this.

Patients who receive care at home are not permitted to smoke in the company of WA Health staff.

When admitted to hospital you will be assessed for nicotine dependence and may be offered Nicotine Replacement Therapy during your hospital stay, unless the doctor says it is not safe. This will help to control cravings and other physical effects of nicotine withdrawal. For more information please talk to your doctor or staff at the pre-admission clinic. You should also ask your doctor what support is available at the time of discharge and when you return home.

For more information, please talk to your doctor or staff at the pre-admission clinic.

**The Smoke Free policy aims to protect patients, staff, contractors and visitors from the dangers of exposure to second hand smoke.**

## Reasons to quit

If you are a smoker, try to quit smoking before being admitted to hospital. Quitting can help recovery, particularly if surgery is involved, as smoking:

- reduces circulation
- slows healing
- increases the risk of blood clots
- increases your risk of infection.



## Support services

There are lots of treatments to help people quit, ranging from Nicotine Replacement Therapy to counselling and group quitting programs such as the Cancer Council's 'Fresh Start' course.

Health professionals such as doctors and pharmacists can provide good advice and support throughout the quitting process.

If you are a smoker, consider quitting with a friend so that you can support and motivate each other.

For more information, please contact your local health service or visit the Smoke Free WA Health website: [www.health.wa.gov.au/smokefree](http://www.health.wa.gov.au/smokefree)