



We can help you manage your nicotine cravings

Our hospitals are proud to be smoke free. This means you cannot smoke or vape in any buildings or on our grounds, including car parks.

Being in hospital can be a stressful experience and may cause you to feel that you need to smoke. Our friendly staff are here to help you manage your cravings and reduce your urge to smoke.

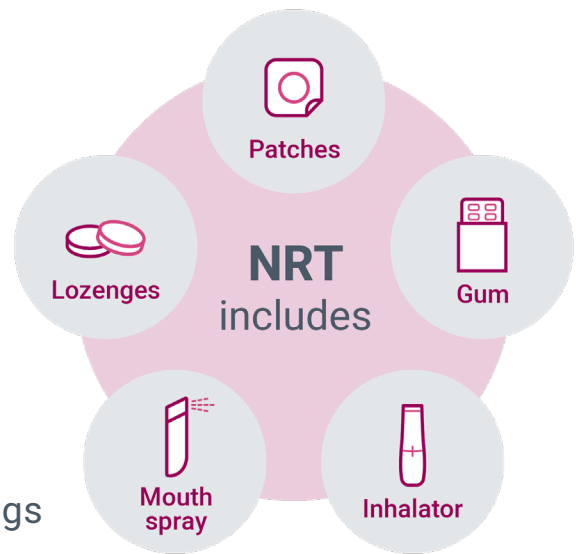
We will support you by:

- Offering you **free** nicotine replacement therapy (NRT), which may include patches, lozenges, gum, inhalator and mouth spray
- Providing you with information and advice on how to manage your nicotine withdrawal symptoms

Talk to your doctor, nurse, midwife or pharmacist today for more information. Our priority is making sure you are comfortable during your stay.

Other helpful resources

- Call Quitline on 13 7848 or [chat online](#)
- Visit makesmokinghistory.org.au/tips for support resources
- Visit your GP for subsidised quit smoking medicine and support
- Speak to your pharmacist
- Download the [My QuitBuddy app](#) for free



We are proud to be a smoke-free site.
Thank you for not smoking or vaping.

This document can be made available in alternative formats on request.

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