

Glengarry Private Hospital Smoke Free WA Health

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

No smoking anywhere on Glengarry Private Hospital Grounds



There is no safe level of exposure to Environmental Tobacco Smoke (ETS), also known as second hand smoke. For this reason, all public hospitals, community health facilities, and most Private Hospitals across WA are smoke free.

As of the 1st of May, 2010, smoking will no longer be permitted on Glengarry Private Hospital 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.**

If you are a smoker

When admitted to hospital you may be assessed for nicotine dependence and may be offered Nicotine Replacement Therapy (NRT) during your hospital stay. This decision will be made by the Doctor admitting you to hospital. NRT 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 clinics. 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 before admission to Glengarry Private Hospital.

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 your risk of infection
- increases the risk of blood clots

Support services

There are lots of treatments to help people quit, ranging from NRT 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

- You can phone the Quitline on 13 7848 (QUIT) or visit www.quitnow.info.au
- Discuss with your Doctor about options available to you
- Visit www.health.wa.gov/smokefree for more information



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

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PRIVATE HOSPITAL