Support for Hospital Patients Who Smoke
Or use other forms of tobacco
What if I don’t want to quit smoking?
Because you can’t smoke in the hospital, using the nicotine patch, gum or other product can help with nicotine withdrawal symptoms and make you more comfortable. Ask your doctor or nurse if you want to try any of these products.

What happens when I can’t smoke?
Patients cannot smoke in the medical center or on its campus. You may have experienced symptoms of withdrawal from nicotine, the addictive drug in tobacco. It is easy to confuse these feelings with worries or stress about being in the hospital.

Nicotine withdrawal can cause...
• cravings for cigarettes.
• depressed mood.
• increased appetite.
• irritability, frustration, anger.
• anxiety.
• trouble sleeping.
• restlessness.

These symptoms are signs that your body is getting used to life without nicotine. They can start a few hours after smoking the last cigarette. They peak two or three days after quitting and decrease over time. They usually last only a few weeks, but every person is different.

How can I relieve cravings to smoke?
You can relieve cravings and discomfort by using one of these products in the hospital:
• nicotine gum
• nicotine patch
• nicotine inhaler

Talk to your doctor or nurse about how to get them.

Now is a good time to quit smoking.

When you smoke...
• your heart rate and blood pressure go up.
• your heart has to work harder.
• your wounds heal more slowly.
• your lungs get more congested.
• your chance of having a heart attack, stroke or cancer goes up.

What do I do if I want to quit smoking?
Don’t wait. Ask for help today. A nurse, doctor, smoking counselor or therapist can give you information and medicine to help you quit and stay tobacco-free.

No single approach works for everyone. By understanding treatment options and working with your health care provider to establish an individualized treatment plan, your chance improves to successfully quit tobacco use.

If you smoke, it takes longer to recover from illness and surgery.

Stopping tobacco use can be difficult. Since hospitals are smoke-free, being in the hospital is a great time to quit!

These things (the 4 Ds) also can help you to manage a craving. They can be done anywhere, anytime.

• Take Deep breaths.
• Delay and wait out the craving.
• Distract yourself.
• Drink water.

Quitting smoking is the most important thing you can do to protect your health. Please call (701) 530-8561 to speak to a Tobacco Treatment Specialist.
The support you need to help you quit has never been closer.

Quit Smoking Programs
American Lung Association
Freedom from Smoking
available through CHI St. Alexius Health
(701) 530-7700
(800) 843-9628

Telephone Support
North Dakota Tobacco Quitline
1 • 800 • QUIT • NOW
(800) 784-8669

Internet Websites
nd.quitnet.com
cancer.org/healthy/stayawayfrom tobacco/
index?sitearea=PED
smokefree.gov
yourlunghealth.org/stop_smoking/
becomeanex.org
legacyforhealth.org
chewfree.com

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