

## About Nova Scotia Health's Smoke and Tobacco Reduction Policy

**Nova Scotia Health facilities are smoke and vape-free environments.  
This includes hospital grounds and parking areas.**

It is Nova Scotia Health policy to ask all patients about their tobacco use, give advice about the benefits of quitting, and offer support to quit or to manage withdrawal. Nicotine withdrawal symptoms may include anxiety, irritability, headaches, and/or trouble concentrating.

Admitted patients are offered nicotine replacement therapy (NRT), such as the nicotine patch, gum, lozenge and inhaler, if ordered by their most responsible doctor, to manage the symptoms of nicotine withdrawal. The right dose of NRT can also lower your desire to smoke.

**We want to help you stay safely inside instead of  
leaving the property to smoke or vape.**

### What about smudging ceremonies?

Nova Scotia Health recognizes that the smoke from smudging ceremonies is not the same as commercial tobacco smoke. If you would like to request a Smudging ceremony, please contact Spiritual Care or, in areas that do not have Spiritual Care, the unit manager.

### Interested in stopping smoking?

- The best approach to stopping smoking is to combine counselling with medications.
- There are many medications to help with stopping smoking. They include nicotine replacement therapy such as the nicotine patch, gum, lozenge, and inhaler, varenicline tartrate (Champix®) and bupropion HCl (Zyban®).
- Champix® and Zyban® are covered by some Nova Scotia Pharmacare Programs. Contact your community pharmacy to see if you qualify.

## Referral to Tobacco Free Nova Scotia (TFNS)

- Patients who use commercial tobacco may be offered assistance and followup with quitting through Tobacco Free Nova Scotia (TFNS).
- When TFNS receives your referral, a counsellor will call you at the phone number you provided. This usually happens within 3 business days of receiving the referral. TFNS will call up to 5 times to reach you. The phone call is a chance for you to learn about the service, ask questions, and provide some information.

## If you decide you are ready to try to quit tobacco:

- A trained counsellor will be available over the phone to support you with issues such as cravings, withdrawal, or just to talk.
- You will work with your counsellor to develop a personal quit plan that is right for you.

## To talk to a quit specialist at TFNS:

- › Phone: 811
- › Online: <https://tobaccofree.novascotia.ca>

## To register for a Stop Smoking Program, call the Intake Service line:

- › Phone (toll-free): 1-855-922-1122



### Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this handout is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.