

What happens next?

Before you are referred for possible surgery, if you agree, your GP will help to refer you to a 'stop smoking service' in Cambridgeshire or Peterborough. The service will contact you to make an appointment for you to be seen at the most convenient location. After you have completed the course, you will be given a letter that you will need to take with you when you attend your appointment at the hospital.



STOP
BEFORE YOUR OP

CAMQUIT

Cambridgeshire's Stop Smoking Support Service

Tel: 0800 018 4304

Email: CAPCCG.camquit@nhs.net

Website: www.camquit.nhs.uk

PETERBOROUGH



Peterborough City Council Smokefree Service

Tel: 0800 376 5655

Email: live.healthy@peterborough.gov.uk



Cambridgeshire and
Peterborough

Clinical Commissioning Group

STOP
BEFORE YOUR OP

For a safer operation
and faster recovery

Why have I been given this leaflet?

Your GP thinks that you may be eligible for surgery. This leaflet explains the benefits of stopping smoking before surgery and the help you can get.

Why should I stop smoking?

You probably know that, if you stop smoking, it will reduce your risk of lung cancer and heart disease.

The health benefits of stopping smoking start almost immediately with a reduction in blood pressure and heart rate within 20 minutes of stopping and normalisation of oxygen levels within 12 hours.



Also, **if you stop smoking before your operation, your risk of complications is more than halved.**

This means you will:

- be discharged quicker
- experience less pain and discomfort after your operation
- recover faster
- be less likely to need another operation

What help will I get?

Stopping smoking can be difficult, but with a trained Stop Smoking Advisor it is much easier and you're up to **four times more likely to quit successfully!**

CAMQUIT is Cambridgeshire's smoking cessation service and Peterborough Quit Smoking Service offer services in Peterborough. They offer:

- a dedicated smoking cessation advisor
- weekly one to one counselling sessions
- telephone support
- follow-up to see how you are getting on
- stop smoking medications on NHS prescription (such as Nicotine Replacement Therapy like patches or inhalator)
- regular carbon monoxide breath testing

Trained advisors are available throughout Cambridgeshire and Peterborough including in GP surgeries and pharmacies

When should I stop smoking?

Ideally you should stop smoking six to eight weeks before your surgery as it takes six weeks for the lungs cleaning system to clear away phlegm and dirt. This makes chest infections and complications less likely.

Even stopping 24-48 hours before your surgery enables your blood to carry more oxygen, improving your blood pressure and heart rate.

Not smoking on the day of your surgery can reduce the chance of breathing difficulties or low oxygen levels during the operation.

Remember: Stopping at any time is the best thing that you do for your health and your family.

