

Treating Tobacco Dependency Programme

A patient's guide

The Treating Tobacco Dependency Programme (TTDP) offers you:

- Dedicated in-house service and scheduled follow ups post discharge.
- Consultation and prescription of suitable nicotine replacement therapy (NRT) products to help with nicotine cravings whilst an inpatient at Royal Papworth, for example:
 - Patches
 - Nicotine lozenges
 - Nasal spray
 - Inhalers
- Onward referral for behavioural support to local stop smoking services, including community pharmacies.

You will be discharged with a minimum of one-week NRT and provided with details of your onward referral.

The most effective way to stop smoking is with a combination of medication and behavioural support. You are three times more likely to quit with this method than unaided (cold turkey).

Behavioural support increases the chance of success by offering ongoing support and advice on smoking medication, side effects and withdrawal symptoms.

Medications work by easing nicotine withdrawal symptoms by:

- Reducing 'nicotine hunger' (the need to smoke due to reduced nicotine levels).
- Reduce the urge to smoke triggered by circumstances or surroundings.
- Block nicotine reward (if you smoke while taking the medication).

Your local stop smoking service:

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Your chosen NRT products are:

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Royal Papworth follow-up dates:

7-14 days:	
28 days:	
12 weeks:	
52 weeks:	

Programme start date:	
Intended quit date:	

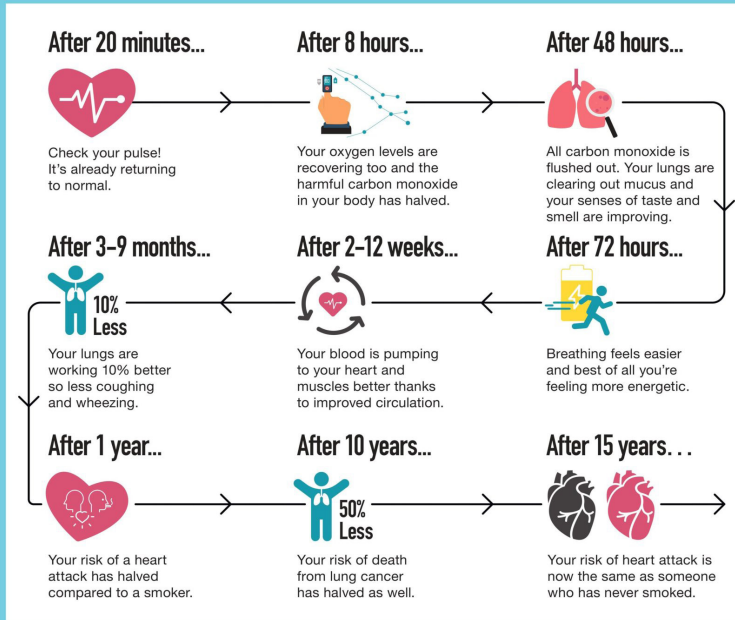


HM Government



What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice



Support line, or for any questions:

01223 638691 / 07789 695573

Email: papworth.ttdteam@nhs.net

Further information can be found at:

nhs.uk/better-health/quit-smoking/

To anonymously provide feedback about the programme, team or service, please contact our Patient Advice and Liaison Service (PALS):

01223 638896 / 01223 638963

Email: papworth.pals@nhs.net

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Large print copies and alternative language versions of this leaflet can be made available on request.

View a digital version of this leaflet by scanning the QR code.



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