

Smoking Cessation At The Red House Surgery.

At the Red House Surgery we are keen to offer effective support to patients who wish to quit smoking.

There are a variety of professionals who can assist with advice. Initially we suggest that patients be seen at the practice by our trained Stop Smoking Advisor or by one of the practice nurses who are trained in smoking cessation.

Your first appointment will last approximately 30 minutes. Be prepared to talk about your smoking behaviour. For example, how much do you smoke, when do you smoke, why do you smoke? Have you tried to stop before and if so, what methods have you tried?

You will be asked to blow into a carbon monoxide monitor. Your advisor will discuss appropriate treatment with you. If you agree to follow the treatment, you will be asked to sign a consent form. You and the advisor will agree a date on which you will stop smoking completely. This is normally the same day as your treatment starts, and within a week of your first appointment.

You will be asked to attend regular appointments for the first 5-6 weeks to discuss your progress and modify the treatment if necessary. These appointments normally last approximately 15 minutes.

Remember, you are four times more likely to succeed in your quit by using the support of a qualified smoking cessation advisor.

Please 'phone or ask at reception if you would like to make an appointment. Telephone (01908) 375111

Please note, if you are pregnant, under 18 years of age, or have a recent history of mental ill health, you may be invited to contact the Specialist Stop Smoking service on 01908 500096.

Good Luck!!