

Smoke- and tobacco-free resources

Your health is our priority

To promote a healing environment and for the health and safety of our patients, visitors, and staff, UC Davis Health System is a smoke- and tobacco-free campus.

Smoking, using electronic/vaping devices, or using other tobacco products is prohibited in all outdoor areas surrounding the medical center including parking areas, sidewalks and other health system buildings on the Sacramento campus.

Adult visitors may receive free nicotine lozenges at these locations:

- Gift shop located in the hospital lobby
- Information desk at the UC Davis Comprehensive Cancer Center
- Information desk at the Lawrence J. Ellison Ambulatory Care Center

Help to be tobacco-free

While you are in the hospital, we can offer you help to be tobacco-free:

- Ask for nicotine patches, gum, and/or lozenges that can help lessen any withdrawal symptoms you may experience.
- Call x37038 to watch a video available from your hospital room: “Smoking: Getting Ready to Quit” (English 433#, Spanish 434#). Ask your nurse for help.
- View an interactive, web-based Emmi program on smoking cessation: www.ucdmc.ucdavis.edu/livinghealthy/classes/online_education.html
- Talk with your medical team about making a quit plan (see page 3).

Free support services

When you go home, we can refer you or others in your household who smoke to free support services. Tell your medical team which you prefer:

- UC Davis Health System has a free two-hour interactive workshop taught by a Certified Tobacco Treatment Specialist. An 8-class Stop Tobacco Program (needs UC Davis PCP) and a Smoke-free Support Group are also available. Visit livinghealthy.ucdavis.edu or 916-734-0718.
- The California Smokers’ Helpline at UC San Diego (1-800-NO-BUTTS) can have a counselor call you at home to help with a quit plan, educational materials, and follow-up calls to stay smoke-free. Available in Spanish, Chinese, Vietnamese, and Korean. www.nobutts.org



Medications to help you quit

Certain medications can reduce the craving to smoke and the withdrawal symptoms you feel when you stop smoking.

Ask your doctor or nurse for more information, including side effects, how to use or take these medications and if they are right for you.

Non-prescription medications

These non-prescription medications are available to you while you are in the hospital and at your local pharmacy:

Nicotine Patch	A patch that contains nicotine. You apply the patch to your body once a day.
Nicotine Gum	A special type of gum that contains nicotine. You do not chew it like regular gum, so it is important how to learn to use this medicine correctly. You can use the gum several times a day.
Nicotine Lozenge	A lozenge (like a hard candy) that contains nicotine. Nicotine is released as the lozenge dissolves. You can use the lozenges several times a day.

Prescription medications

Ask your doctor if these additional prescription medicines may be right for you when you go home from the hospital:

Nicotine Nasal Spray	A spray that delivers nicotine through the nose.
Nicotine Inhaler	An inhaler that you puff on. Nicotine is absorbed through your mouth and throat. An inhaler may mimic the hand-to-mouth habit of smoking.
Varenicline (Chantix®)	A pill that reduces withdrawal symptoms and makes smoking less enjoyable. This pill does not contain nicotine.
Bupropion SR (Zyban®)	A pill that reduces withdrawal symptoms. This pill does not contain nicotine. <i>(This pill is also available in the hospital.)</i>

Action Plan to Quit

This action plan can help you get started in thinking about strategies for quitting. Counseling and medications can help double your chances of quitting for good. It can take several tries but each time you try will help make it easier. Go to www.nobutts.org for more resources.

Strategies for Quitting

Your Quit Plan

GET READY! <ul style="list-style-type: none">▪ You've already quit – now stick to it!▪ Think about your past attempts to quit. What worked and what did not?	Your quit date is: <hr/> <hr/>
GET SUPPORT AND ENCOURAGEMENT <ul style="list-style-type: none">▪ Tell your family, friends, and coworkers you are quitting.▪ Talk to your doctor or other health care provider.▪ Group or telephone counseling. For classes, go to livinghealthy.ucdavis.edu or 916-734-0718. Telephone counseling: call 1-800-NO-BUTTS.	Who can help you: <hr/> <hr/> <hr/> <hr/>
LEARN NEW SKILLS AND BEHAVIORS <ul style="list-style-type: none">▪ Change your daily routine to break old habits.▪ Plan something enjoyable every day.▪ Keep oral substitutes handy (e.g. carrots, celery, sun flower seeds, gum).	Skills and behaviors you can use: <hr/> <hr/> <hr/>
GET MEDICATION AND USE IT CORRECTLY <ul style="list-style-type: none">▪ Medication can help you quit; talk with your health care provider about which medication will work best for you: <p>Tobacco cessation medications include gum, inhaler, nasal spray, skin patch, lozenges and pills.</p>	Your medication plan: Medication: <hr/> Instructions: <hr/>
BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS <ul style="list-style-type: none">▪ Avoid alcohol.▪ Be careful around other smokers.▪ Improve your mood in ways other than smoking.▪ Eat a healthy diet and stay active.	How will you prepare: <hr/> <hr/> <hr/> <hr/>