

Why should you stop smoking before surgery?

- Smoking makes it harder for the body to heal.
- Smoking increases your risk of infections.
- It is easier to quit smoking when you are in hospital and away from your regular routines.
- Quitting smoking reduces your risk of returning to the hospital with complications.
- Smoking can damage your lungs and puts your heart at risk.
- **Talk to your health care provider for complete advice and guidance.**

For information about smoking cessation products contact:
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519-646-6000 extension 64377

NICOTINE REPLACEMENT AND DRUG THERAPY

Patch (Nicoderm[®], Habitrol[®], generic)

- Safe and convenient but does not suppress craving.
- Can be used in patients with cardiac or vascular disease under care of physician.
- Side effects may include skin irritation, nausea, and vivid dreams.
- Costs approximately \$300 for 10 weeks.
- **Can be used on the day of surgery.**

Gum (Nicorette[®], Thrive[®], generic)

- Helps suppress craving, offers flexible dosing.
- Avoid in high-risk cardiac patients. Not used in patients with dental/jaw problems.
- May be used with a patch under care of physician.
- Side effects may include headache, dizziness, and mild throat irritation.
- Costs approximately \$160 - \$300 for 6 months.
- **Stop at midnight before surgery.**

Lozenge (Commit[®], Thrive[®], generic)

- Similar to gum except that it dissolves in mouth.
- Convenient for patients with dental problems.
- Costs approximately \$160 - \$300 for 6 months.
- **Stop at midnight before surgery.**

Tablet - Bupropion SR (Zyban[®], generic)

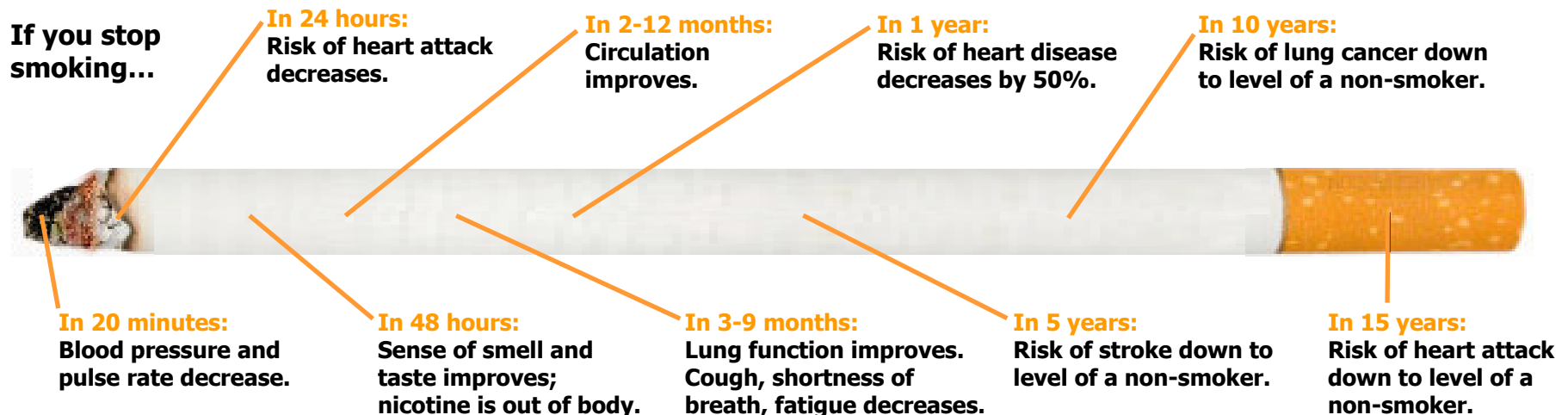
- Requires a prescription. May be used with nicotine replacement under care of physician.
- May be an option for patients with depression, cardiac, or vascular disease.
- Avoid in patients with history of seizures or head injury. Side effects may include insomnia, agitation, decreased appetite.
- Costs approximately \$190 for 7-12 weeks
- Begin one week before quit date.
- **Can be taken on the day of surgery.**

Tablet - Varenicline (Champix[®])

- Requires a prescription.
- Equally effective as Zyban[®].
- Should be avoided in high-risk cardiac patients. Side effects may include nausea, sleep disturbances, headache.
- Costs approximately \$390 for 12 weeks
- Begin one week before quit date.
- **Can be taken on the day of surgery.**

Alternative therapies

- Hypnosis, acupuncture, laser therapy.



Quitting tips

- List reasons why you want to quit.
- List any concerns you have about quitting.
- Identify what did and did not work in past attempts to quit.
- Identify stressors or triggers and think of new ways to cope with them.
- Prepare for withdrawal symptoms.
- Make a commitment.
- Set a quit date and put the date in writing.
- Tell family members and friends that you are quitting so they can be supportive.
- Ask others not to smoke in your presence.
- On your quit day hide all ashtrays and throw out all your cigarettes.

How to deal with cravings

- Remember that urges only last minutes and become easier to deal with over time.
- Keep yourself busy and plan activities around craving times.
- Change your routine; for example go for a walk.
- Drink plenty of water during the first few days to help flush toxins from your body.
- With your eyes closed take a deep breath and imagine the tension leaving your body as you exhale.
- Nibble on low calorie foods like celery and carrots. Chew sugarless gum.
- Instead of a cigarette after meals relax with mint tea or sugarless peppermint candy.
- Get plenty of rest.
- Reward yourself.

Be positive – quitting smoking is a process, and if you slip, learn from it for your next try.

Self-help resources

- **Smokers' Helpline Online**
Free, confidential telephone service with a trained Quit Plan specialist to help you break the habit at your own pace
www.smokershelpline.ca
Toll-free 1-877-513-5333
- **Tobacco Information Line**
Middlesex-London Health Unit
(519) 663-5317 Ext. 3261 or Ext. 2220
- **Pregnets**
Information for moms related to smoking and pregnancy.
www.pregnets.org



References

Canadian Cancer Society
Compendium of Pharmaceuticals and Specialties
Health Canada
Middlesex-London Health Unit
www.antismoking.org
www.ontarioanesthesiologists.ca/stopsmoking
www.rnao.org/smokingcessation
www.RxFiles.ca

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**STOP
SMOKING
FOR SAFER
SURGERY**

