



A lifetime of specialist care

Harefield Hospital

Smoking cessation clinic – a patient's guide

What is the smoking cessation clinic?

Welcome to Harefield Hospital cessation clinic. The aim of our clinic is to help heart and lung patients, and members of staff, quit smoking.

Who runs the clinic?

Our highly trained team of advisors runs the clinic, with support from the Hillingdon Stop Smoking Service.

How can your advisors help me?

Our advisors will create a smoking cessation programme specially for you. This will give you the best possible chance of quitting.

What do I have to do before I come to the clinic?

It is important that you are motivated to stop smoking and prepared to attend the programme for a minimum of six weeks.

How does the clinic work?

You will meet with one of our advisors on your first visit to the clinic. The advisor will ask you about your smoking history to get an idea of your level of addiction, explain the benefits of quitting and create a personalised smoking cessation programme for you.

The smoking cessation programme involves:

- one-to-one counselling sessions with the advisor – to see how you are getting on and help you develop coping strategies
- and, either nicotine replacement therapy – to help you control cravings by releasing nicotine into your blood at much lower levels than a cigarette
- or, stop smoking medication.

The advisor will arrange the weekly follow-up counselling sessions with you. Each one takes around 15 minutes and can be carried out by telephone or face-to-face at the hospital. However, we ask you to meet the advisor in person at Harefield for your final session.

Useful contact numbers

The smoking cessation team is available Monday to Friday 8am-4pm.

Deborah Beach – smoking cessation advisor

01895 823737
and ask for the operator,
then ask for bleep 6131

Cardiac rehabilitation – answerphone

01895 828944

You can leave a message and we will return your call as soon as possible.

If you are unwell, please seek medical advice from your GP or by calling 111 – the 24-hour NHS non-emergency number – to speak to an adviser. In an emergency, please call 999 for an ambulance.