

Smoking Cessation

Do you Smoke?



Bassett Healthcare Network

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Having a craving?

New York State laws prohibit smoking on hospital campuses, and Bassett Healthcare Network Hospitals understand that this law can be challenging for our patients who smoke. However, our team of staff is here to help during our patients stay at Bassett.

If you or a family member are in the hospital, are experiencing a craving, try these tips to help the urge pass:

Try the 5 D's

- 1) Delay a minute to let the urge pass
- 2) Drink water
- 3) Distract yourself
- 4) Deep breathe - close your eyes and take 10 deep breathes.
- 5) Discuss your thoughts with someone you're comfortable with

Guest Services has resources and tools available, such as:

- Coloring books
- Stress balls
- Hard candy
- Gum
- Lollipops
- Please let your nurse know if you would like any of these items



Avoid withdrawal while in the hospital by requesting Nicotine Replacements or Combination Therapy:

Our pharmacy can provide you with nicotine gum, patches, and lozenges with an order from a physician. These replacement therapies can be combined with medications such as Chantix or Wellbutrin. Ask your doctor or nurse for more information.

Ready to quit?

Call **Christine Peplinski, Smoking Cessation Counselor** at **607-547-6635**. Christine is available to discuss a plan that is right for you that can help you quit smoking. Or, call **1-866-NY-QUITS (697-8487)**.