### 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.

### 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.

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### For information about smoking cessation products contact:
Ozzie Buhrmann, Pharmacist
St. Joseph’s Hospital
519-646-6000 extension 64377
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.

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](http://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](http://www.pregnets.org)

**References**
- Canadian Cancer Society
- Compendium of Pharmaceuticals and Specialties
- Health Canada
- Middlesex-London Health Unit
- [www.antismoking.org](http://www.antismoking.org)
- [www.ontarioanesthesiologists.ca/stopsmoking](http://www.ontarioanesthesiologists.ca/stopsmoking)
- [www.mao.org/smokingcessation](http://www.mao.org/smokingcessation)
- [www.RxFiles.ca](http://www.RxFiles.ca)

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