

## Summary

Smoking is harmful to our health. It causes cancer, lung disease and heart disease. People with mental health problems die 15-20 years earlier than others in the UK. The main reason for this is smoking.

Quitting smoking is the single most important way to improve your health and wellbeing. Using a smoking cessation medication such as nicotine replacement therapy, and behavioural support is the best way to quit smoking.

Some people have found that e-cigarettes help to cut down or quit smoking. This leaflet tells you what type of e-cigarettes are allowed in SLaM services and where you can use them.

For more information, please speak to staff in your care team or ask to meet with the Tobacco Dependence Advisor.

Please ask if you need this information in large print or another format or language.

### Why does SLaM have a smoke free policy?

We have a duty to promote your health and wellbeing under the Health Act (2006) and NICE (2013) Smoking: acute, maternity and mental health services.

Our staff have been trained to deliver the best treatments for managing nicotine dependence.

You can benefit from improved health and wellbeing and may be able to reduce some medications

### Local NHS Stop Smoking Services:

**Croydon : 0800 0198570**

**Lambeth: 0800 856 3409**

**Lewisham: 0800 082 0388**

**Southwark: 0800 169 6002**

**Maudsley Smokers Clinic:  
020 3228 3848**



South London  
and Maudsley  
NHS Foundation Trust

## e-cigarettes in hospital

### Information for service users and carers



## What are e-cigarettes?

E-cigarettes are battery powered devices that deliver nicotine through inhaled vapour.

Most e-cigarettes contain a heating element, a cartridge containing nicotine, glycerine and water.

**They do not contain tobacco.**

## Are e-cigarettes safe?

The smoke produced from burning tobacco in cigarettes contains about 4000 ingredients, 70 of these are known to cause cancer.

Since e-cigarettes do not contain tobacco and are not burnt they are thought to be much safer than cigarettes.

However, some rechargeable e-cigarettes have caused fires.

These happened when the wrong charger was used, the battery was charged for too long, or the e-cigarette was used near oxygen and naked flames.

Adding illicit substances to e-cigarettes can be very dangerous. Ask staff to help you find the best e-cigarette to safely meet your needs.

## Which type of e-cigarettes are allowed in hospital?

Tell your team if nicotine replacement therapy did not manage your cravings and you wish to use e-cigarettes.

Once a risk assessment and care plan has been prepared with you, we will help you choose the e-cigarette that suits your current needs.



**Disposable:** Suitable for smokers with high risks



**Pre filled re-chargeable**  
Suitable for smokers with moderate risks



**Re-chargeable tank models (refillable)**  
Suitable for smokers with low risks



## Can e-cigarettes be prescribed?

Since e-cigarettes are not licensed medicine, they cannot be prescribed or supplied by staff.

## Where can you use e-cigarettes?

Your team will agree with you the best place for you to use your e-cigarette.

### Allowed

Hospital grounds

Single bedrooms

(open your window to avoid setting off the fire alarm)



### Not allowed

Day areas

Communal areas

Clinical areas

Ward gardens

During group or individual therapy



## How do you dispose of used e-cigarettes safely?

Please throw your used e-cigarette into a hazardous waste bin.