

Using e-cigarettes...

Information for Prospect Park Hospital patients, visitors and carers

From January 2020, Prospect Park Hospital will be offering patients an e-burn e-cigarette as an alternative to Nicotine Replacement Therapy.

Since 2015, Berkshire Healthcare has been smoke free. This means that those people using our inpatient services haven't been allowed to smoke. On admission, patients have been offered Nicotine Replacement Therapy and the support of smoking cessation services to help manage withdrawal symptoms during their stay on our wards.

The use of e-cigarettes – vaping – is a very popular and effective aid to stop smoking, so we're now offering e-burn e-cigarettes for use in Prospect Park Hospital.

E-burn is the **only** brand of e-cigarette that can be used in Prospect Park Hospital. They'll be available to buy from a vending machine in the hospital.

Please note:

- E-cigarettes are not recommended for under-18s
- It's illegal to sell e-cigarettes to anyone under the age of 18
- An adult purchasing e-cigarettes on the behalf of an under-18 is breaking the law

See overleaf for frequently asked questions (FAQs).

Thinking of quitting?

If you're a patient who would like to use admission as an opportunity to quit smoking or cut down, please speak to a member of staff who can provide support and refer you to smoking cessation services, if required.

Free support is available to all via the 'Quit smoking' section on nhs.uk/oneyou and the **NHS Smokefree app**.



FAQs

How do e-cigarettes work?

An e-cigarette uses battery power to heat liquid, creating a vapour that you inhale. It doesn't involve any smoke or burning like a normal cigarette.

Why e-burn e-cigarettes?

E-burn e-cigarettes are already used in more than 60 NHS trusts in England – reasons for this include that they:

- Can be disposed of with no risk of accidental fires since they don't require recharging
- Contain the equivalent nicotine content of 32 traditional cigarettes – and they're cheaper
- Comply with UK regulations and standards of safety and quality

Is it safer than smoking cigarettes?

E-burn doesn't contain tobacco and, because it's not burned, doesn't produce carbon monoxide and tar. These are two of the most harmful constituents in cigarette smoke. Nicotine on its own is not linked to cancer.

While the e-burn is not completely risk free, Public Health England advise that they are 95% safer than smoking conventional cigarettes.

Is the vapour dangerous to others?

There is no evidence so far that vaping can cause harm to other people around you. Unlike tobacco smoke, e-cigarette vapour disperses quickly. E-Burn has a low vapour emission.

What if I'm pregnant?

While not completely risk free, it's safer to vape than use conventional cigarettes as they don't contain carbon monoxide.

Can I use my own vape in hospital?

No, you'll be able only to use the e-burn e-cigarette. It has specific safety features that make it suitable for an inpatient hospital environment.

If you bring your own, it will be kept securely by staff and returned when you're discharged.

Where can I vape at Prospect Park Hospital?

From 6 January 2020, you'll be able to use your e-burn e-cigarette in your bedroom, in the enclosed ward garden and in the hospital grounds. **It cannot be used in communal indoor areas.**

Can my family and friends vape with me at the hospital?

Visitors to the hospital will only be allowed to use the e-burn e-cigarette and are restricted to using it in the locations mentioned above.



If you need to contact us, or require further information, call: 0118 960 5000