Outstanding Care, Compassionate People, Healthier Communities

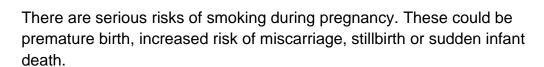


#### INFORMATION FOR PATIENTS

# The Phoenix Team

# Stop smoking incentive scheme

# Stopping smoking is the best thing you can do for your baby.





|                     | Maternal smoking        | Second-hand smoke      |
|---------------------|-------------------------|------------------------|
| Low birth weight    | Average 250g lighter    | Average 30-40g lighter |
| Stillbirth          | Double the likelihood   | Increased risk         |
| Miscarriage         | 24-32% more likely      | Possible increase      |
| Preterm birth       | 27% more likely         | Increased risk         |
| Heart defects       | 50% more likely         | Increased risk         |
| Sudden infant death | Three times more likely | 45% more likely        |

Stopping smoking helps your baby to develop healthily before and after birth. It's never too late in your pregnancy to stop smoking.

The Phoenix Team are trained tobacco dependence advisors. They can provide you with support to help you stop smoking in pregnancy. Our advisors will discuss what treatment is available for you.

## What to expect:

- 1. At your first appointment, you'll be asked to talk about why you smoke and why you want to stop. Your past stop smoking experiences will help the advisor plan your care.
- 2. Your advisor will talk to you about stop smoking treatments (nicotine replacement therapy) and which one may suit you best.



3. Your advisor will also talk about our 'Love2Shop' voucher scheme.



4. You will make a personalised stop smoking plan to help you stay smoke free.

#### Can't decide?

Please use the time to talk to your advisor about any worries you have and then decide. Our advisor can also support a partner or other family member to stop with you.

#### **Contact details**

The Phoenix Team is based in Clinic 12, in the Women and Children's outpatient department, which is to the right side of the main entrance at King's Mill Hospital.

Email: sfh-tr.tobaccodependency-maternity@nhs.net

**Telephone:** 01623 622515, extension 4702, or you can contact us on the maternity unit advice line on 01623 676170, Monday to Friday, between 9.30am and 4.30pm.

## **Further sources of information**

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222 Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email <a href="mailto:sfh-tr.patientinformation@nhs.net">sfh-tr.patientinformation@nhs.net</a> or telephone 01623 622515, extension 6927.

To be completed by the Communications office

Leaflet code: PIL202508-03-PTIS

Created: February 2022 / Revised: August 2025 /

Review Date: August 2027