

GET IN TOUCH!

One You Smokefree

Phone: 0300 123 1220

Text: QUIT to 87023

oneyou.kent@nhs.net

www.oneyoukent.org.uk

This service is delivered on behalf
of Kent County Council by the NHS.

HOW DID WE DO?

Do you have feedback about our health services? Contact:

Customer Care Team

Kent Community Health NHS Foundation Trust,
Unit J, Concept Court, Shearway Business Park,
Folkestone, Kent CT19 4RJ

Phone: 0300 123 1807

8am to 5pm, Monday to Friday.

Text: 07899 903499

Email: kcht.cct@nhs.net

Visit: www.kentcht.nhs.uk

If you need communication support or this leaflet in another
format, please ask a member of staff or contact the
Customer Care Team.

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A guide to going smokefree
before your fertility treatment.

ONE**YOU** KENT



TRYING FOR A BABY?

If you would like to receive assisted conception (fertility treatment) from the NHS, you and your partner need to quit smoking. This is because smoking reduces the chances of fertility treatment working properly.

HOW DOES IT WORK?

You must both be smokefree for a minimum of 12 weeks before treatment and you must use the One You Smokefree service to help you to quit.

Following successful completion of the programme you will get a certificate which must be presented to your consultant or named contact at your next fertility appointment.

I'VE QUIT BEFORE BY MYSELF - WHY DO I NEED THE NHS STOP SMOKING SERVICE?

If you've quit smoking before then you know it can be tough. Staying smokefree is also a challenge! You're up to four times more likely to quit successfully with our help. Our team can provide support to both of you for up to 12 weeks which can help you to break both the habit and the addiction.

They can also prescribe nicotine replacement therapy products, such as patches and gum, or alternative stop smoking medication, all for the cost of a prescription charge.

If you don't pay prescription charges, it's completely free.

WHAT'S THE NEXT STEP?

A stop smoking referral has now been made for you, and a member of our team will be in touch to offer you an appointment at a date, time and location that suits you. Our friendly and supportive advisers are here to support you every step of the way. We won't judge you, or lecture you. We are here to help.

TALK TO US

Our friendly team will be in touch with you shortly after we have received your referral but if you have questions in the meantime please get in touch using the contact details on the back of this leaflet.

Good luck with your treatment - we're right behind you!