

Attention:  
Public Health Staff  
Tobacco Cessation



Pregnant /Postpartum Cessation  
**FAX REFERRAL FORM**  
FAX: 613-966-9418

**PROVIDER INFORMATION**

Date Fax Sent \_\_\_/\_\_\_/\_\_\_/  
D M Y

Clinic Name \_\_\_\_\_

Health Care Provider \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_-\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ email \_\_\_\_\_

Comments \_\_\_\_\_

**PATIENT INFORMATION**

Pregnant  Due Date \_\_\_/\_\_\_/\_\_\_/ Postpartum  Delivery Date \_\_\_/\_\_\_/\_\_\_/  
D M Y D M Y

Patient Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_/  
D M Y

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ PC \_\_\_\_\_ County \_\_\_\_\_

Primary Phone # (\_\_\_\_) \_\_\_\_-\_\_\_\_ Secondary Phone # (\_\_\_\_) \_\_\_\_-\_\_\_\_

Cigarettes # per day \_\_\_\_\_

**Contraindications**

- Current drug or alcohol users
- Twin or multiple gestations
- An unstable psychiatric problem
- An unstable medical problem

**I advise this patient to use:**

- Nicorette gum
- Nicoderm patch
- Nicorette lozenge
- Nicorette Inhaler
- Any of the above

The Public Health Nurse or Health Promoter will work collaboratively with the participant to determine the number of weeks of specific dosage to help the client decrease their nicotine intake. Average course of treatment could be 5 – 10 weeks depending on the client. The NRT will be dispensed in conjunction with weekly cessation therapy with a Public Health Nurse or a Health Promoter trained in Intensive Tobacco Cessation Counselling. If you have specific recommendations, please note them in the comment section below.

**Comments:** \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Benefits of NRT**

- Eliminates other chemicals found in cigarette smoke
- Helps with withdrawal and cravings
- Doubles chances of quitting smoking
- Exposes the fetus to lower levels of nicotine versus smoking
- Minimal amounts of nicotine are found in breast milk

**Risks of NRT**

Researchers suggest that nicotine may affect the oxygen delivered to the fetus. However, it is believed that the effects are greatest with faster delivery systems (i.e., smoking is the fastest delivery system of nicotine). Therefore the risks are not as great with gum.