

Smoking Cessation Clinic (SCC)

The Smoking Cessation Clinic (SCC) at National University Hospital (NUH) provides specialised support for individuals who wish to stop smoking or vaping. Our pharmacists are trained in smoking cessation counselling and will work with you to develop a structured, personalised plan to quit.

Why quit smoking or vaping?

Quitting is not just about reducing risks – it's about gaining back your health, energy and freedom.

- **Breathe easier:** Your lungs begin to heal, and you may notice less coughing and shortness of breath.
- **Feel stronger:** Circulation improves, giving you more energy for the things you enjoy.
- **Protect loved ones:** Every smoke-free or vape-free day reduces second-hand exposure to family and friends.
- **Look forward to the future:** Quitting lowers your chances of serious diseases such as heart disease, cancer and lung conditions.
- **Save more:** A smoke-free lifestyle is not only healthier but also more cost-effective in the long run.

What to expect

Quitting can lead to nicotine withdrawal symptoms such as irritability, difficulty concentrating and strong cravings. These are temporary and indicate your body is adjusting to life without nicotine. With appropriate strategies and support, they can be managed effectively.

Services offered

At NUH SCC, our pharmacists provide:

- **Individual counselling:** Assessment of smoking or vaping habits, motivation, and readiness to quit.
- **Personalized quit plan:** Step-by-step strategies tailored to each patient's needs.
- **Pharmacological support:** Guidance on the safe and appropriate use of nicotine replacement therapy (NRT) and other cessation aids.
- **Behavioral strategies:** Techniques to cope with cravings and triggers.

National University Hospital (S) Pte Ltd
5 Lower Kent Ridge Road, Singapore 119074
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- **Follow-up sessions:** Continuous monitoring, encouragement and adjustments to the quit plan where necessary.

Appointment details

- **Clinic operating hours:** Fridays, 2:00pm to 5:00pm
- **Appointment hotline:** 6908 2222
- **Appointment email:** appointment@nuhs.edu.sg
- **Referral option:** Appointments may also be made through NUH doctors. Patients can inform their attending doctors if they wish to be referred to the Smoking Cessation Clinic.

Take the first step

The decision to quit smoking or vaping is one of the most important steps you can take towards better health. Our dedicated team at NUH is committed to supporting you throughout your quit journey.

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