

# Are you ready to QUIT?

Quitting takes commitment, but it can be done! Talk to your health care team or pharmacist about what's right to help you quit smoking.

This information can help you and your health care team decide which medication might be best for you. A pharmacist can help, too. And you'll need to create a plan to deal with the social side and habit of smoking, such as a quit program. You can do it!

## TYPES OF MEDICINES TO HELP YOU QUIT SMOKING



There are two main types of medicines to help you quit: **nicotine replacement therapies (NRT)** that can help with cravings, and **non-nicotine medications** that help cut down on your cravings. Be sure to read all instructions and talk to your pharmacist or health care provider so you know how to use your medicines and know about potential side effects.

## Nicotine replacement therapies (NRT)

**IMPORTANT:** Talk to a health care provider or a pharmacist for help with using NRT. **If you're using NRT, you have to use it regularly – not just when you feel like you need a cigarette.**

### NICOTINE LOZENGE

Available over the counter.

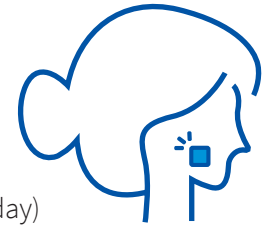
- Use up to 20 lozenges a day
- **Do not suck or chew**
- **Don't eat or drink 15 minutes before** you use it or while you have one in your mouth
- Let it **dissolve slowly between your cheek and gum**, which takes about 30 minutes



### NICOTINE GUM

Available over the counter.

- Use 1-2 pieces of gum each hour (up to 24 in a day)
- **Do NOT just use when you feel cravings**
- **Do NOT chew it like regular gum**
- **Don't eat or drink for 15 minutes** before using or while chewing the gum.
- Chew it a few times, and **when it tastes peppery, stop chewing and "park" it between your cheek and your gums.** When the taste fades, take a few more chews then park it again. Repeat for 20 to 30 minutes
- If your cravings are really bad, talk to your health care team to see if you can use nicotine gum with other kinds of NRT



### NICOTINE PATCH

Available over the counter.

- Wear it on the skin **like a band-aid**
- Put a **new one on every day**



### NICOTINE NASAL SPRAY


Available by prescription only.

- Take a deep breath, **spray once into each nostril**, and breathe out through the mouth
- Typically **used once or twice an hour**, up to 40 times a day



### NICOTINE INHALER

Available by prescription only.

- **Put the cartridge**  **into the inhaler**, then put the mouthpiece between your lips and tilt it slightly toward the roof of your mouth
- **"Suck" it like a straw**
- You can replace cartridge when nicotine taste is gone
- You can **use up to 16 cartridges/day.**



Visit [cancer.org](https://cancer.org) for more information, or call your state quitline at 1-800-QUIT-NOW for FREE counseling and more resources. Talk to your health care team or pharmacist to pick a quit date and get started.



# Non-nicotine Medications



## BUPROPION SR (ZYBAN)

Available by prescription only.

- **Start taking 1-2 weeks before** you stop smoking
- Take 1 pill a day for 3 days, then increase to 1 pill in the morning and 1 in late afternoon
- Might be more helpful if you **use NRT**, too



## VARENICLINE (CHANTIX)

Available by prescription only.

- **Start taking 7 days before** your quit date
- **Dosage is different** for different people and increases during the first week

## A word about e-cigarettes/vaping

You may be wondering if e-cigarettes (or “vapes”), which also contain nicotine, can help you quit smoking.

Some people do use them for help when trying to quit, but these products don’t have as much proof that they’re as safe and effective as the 7 types of FDA-approved

medications listed above, which are all proven to help you quit.

Also, we don’t know if e-cigarettes will harm people over time, but we do have plenty of evidence that NRTs are the least harmful nicotine product available. Talk to your doctor if you want to know more.

## Myths about Quitting Smoking

### **Myth 1: It’s just a matter of willpower.**

**Wrong.** The nicotine in cigarettes is highly addictive, and it isn’t easy to break that addiction. But it can be done; more than half of the people who once smoked have now quit.

### **Myth 2: If you fail to quit the first time you try, you’ll never be able to quit.**

**Wrong.** The average person tries to quit many times before they actually succeed. You learn something each time you try, and each time you try, you are more likely to succeed.

### **Myth 3: It’s too late; the damage is already done.**

**Wrong.** It’s never too late to quit smoking! Your body can start healing within hours, days, and weeks and continues to recover for years when you stop filling it with smoke.

*Sources: California Smokers Helpline and Pharmacy Partnership for Tobacco Cessation*

# Quitting Top 10 list

- 1. Pick a quit day.** This is important! Pick a day within 2 weeks of deciding to stop.
- 2. Clean house.** Get rid of all your cigarettes, lighters, ashtrays, etc., by your quit day.
- 3. Understand why you want to quit.** Think about and write down your reasons for quitting.
- 4. Ask yourself, “What’s keeping me from quitting?”** What benefit do you get from smoking? How else can you get the benefit?
- 5. Be prepared.** Have a plan to deal with situations that make you likely to smoke.
- 6. Change what you do.** Your plan should include changing your smoking routines. What could you do instead of smoke?
- 7. Change how you think.** When you think about a cigarette, switch it out with another thought to distract yourself.
- 8. Decide on a quit-smoking medication.** See the rest of this flyer for more information!
- 9. Get support.** Find someone who can help you when you need an extra boost!
- 10. Have a quitting ceremony.** Before you quit, have a ceremony to say goodbye to cigarettes and move on.

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