

Preparing to Quit

FDA Approved Smoking Cessation Products



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1. Identify your reasons for quitting
2. Set a quit date, usually within 10 days to several weeks. If you smoke mostly at work, try quitting on a weekend. If you smoke mostly when relaxing or socializing, quit on a weekday.
3. Identify barriers to quitting (such as your spouse smokes or you relapsed before due to stress or weight gain). Your health care provider can suggest ways to overcome these barriers.
4. Make SPECIFIC plans AHEAD OF TIME for dealing with temptations. Identify two or three coping strategies that work for you (such as exercising or calling someone for support).
5. Enlist help from family and friends. They can't quit for you but they can help by not smoking around you, providing support and encouragement when you need it and leaving you alone when you need some space.

When you smoke a cigarette a high concentration of nicotine enters your body rapidly and travels to your brain. Nicotine replacement medications provide you with a safer alternative source of nicotine that enters the body more slowly, and in a lower concentration than cigarettes. There is much unfounded concern about the safety of nicotine medications even though they have been extensively tested and used by millions of people. Unlike cigarettes which contain thousands of harmful chemicals, nicotine medications contain small doses of nicotine alone to combat cravings and urges to smoke.

To optimize your chances of success, generally medications should be a component of your *Quit Smoking Action Plan*. However, not everyone who decides to quit smoking will want or need medications; and some medications are contraindicated in people with underlying medical problems. Prior to taking any medications, even over-the-counter medications, you should have a discussion with your health care provider. The goal in using nicotine replacement medication is to stop smoking completely. If you plan to take nicotine replacement medications, begin using them on your quit day. If you continue to have strong urges to smoke or are struggling to stop completely, ask your health care provider for additional help.

If you take the non-nicotine replacement medications, they should be started several days prior to quitting, as directed by your health care provider.

Type of Product	Availability	Side Effects
Nicotine Patch	Nicotrol Nicoderm CQ Habitrol*	Skin irritation Insomnia
Nicotine Gum	Nicorette Nicorette Mint	Mouth irritation
Nicotine Inhaler	Nicotrol inhaler*	Mouth/throat irritation
Nicotine Nasal Spray	Nicotrol NS*	Mouth/throat nasal irritation
Nicotine Free Tablet	Chantix* Zyban*	