



"Quitting is all about
finding **what
works for you.**"

Your guide to **finding
the right support**



SMOKEFREE

Well done you...

**Smokefree provides advice,
support and encouragement to
help people quit smoking for good.**

The services provided are in most cases completely free of charge.* Developed by experts and ex-smokers, local NHS Stop Smoking Services are delivered by NHS professionals.

*If you usually pay for prescriptions there may be a charge for any stop smoking medication prescribed by NHS professionals or bought over the counter.

I can do it!



... for choosing to quit smoking with a little help from stop smoking medicines. Thousands of other people have done it this way, using stop smoking medication to give their willpower a boost.

This guide will help you choose the right product for your needs.

To get the best results from your stop smoking medicine, remember to speak to your pharmacist, local NHS Stop Smoking Service or doctor for advice about how to use the various products.

Cigarettes contain nicotine. By smoking regularly and over a long period of time, your body becomes dependent on nicotine. Quitting smoking can cause withdrawal symptoms, which include cravings, headaches, feeling irritable and not being able to sleep. **Stop smoking medicines** can help you to manage these withdrawal symptoms.

There are three types of stop smoking medicine:

- Champix (varenicline) tablets
- Zyban (bupropion hydrochloride) tablets
- Nicotine replacement therapy (NRT) including patches, gum, lozenges, microtabs, an inhalator and nasal spray.

All are available from the NHS with a prescription, and NRT can also be bought from pharmacies and other shops (such as supermarkets) without a prescription.

The first few weeks without smoking can be the hardest. This is when your body is **fighting the physical addiction**. This passes, but you might find **stop smoking medicines helpful to get you through these early stages**. Once the physical cravings pass **you'll find it much easier to stay the course**.

Increased success

Nicotine replacement therapy (NRT) gives your body the nicotine it craves without the toxic chemicals you get in cigarettes like cyanide or carbon monoxide, so it **doesn't cause cancer**. There are six types available: patches, gum, lozenges, microtabs, inhalator and nasal spray. All of them are **available on prescription**, or to buy over the counter. A full course of treatment usually lasts 10–12 weeks.

It's suitable for most adults, but if you have a heart or circulatory condition, or are on regular medication, you should get the OK from your doctor. **If you are pregnant, you should also ask your doctor or midwife before using NRT.**

As well as NRT, there are other products available on prescription that can help you quit smoking by changing the way your body responds to nicotine:

Champix (varenicline) and **Zyban** (bupropion hydrochloride).

What's right for you?

Quitting with the help of NRT products is about using **the right product to fit with your lifestyle**. There's a 'trick' to how to use these products effectively, so knowing a bit about the options **can help you get it right**.



Try and try again

If one type doesn't work at first, then try another or try a combination. **Using patches with another NRT product can be very effective** if you have strong cravings. For the best results **remember to check out the instructions**, or talk to your pharmacist, local NHS Stop Smoking adviser or doctor about how to use the various products.

NRT products:

- | | |
|-------------|----------------|
| 1. Patches | 4. Microtabs |
| 2. Gum | 5. Nasal spray |
| 3. Lozenges | 6. Inhalator |

What's right for you?

Quit with the product
that's best for you



Need to just forget about smoking and the cravings?

Patches get you through the day, without worrying about cravings. They come in 16-hour and 24-hour products, and constantly release small doses of nicotine through the skin. They take a while to get going (30 minutes), so if you need a quicker hit to get you through you may need to look at other available types.

Need a day-long treatment you can regulate yourself?

Gum, microtabs and lozenges are all taken by mouth, and they can help you throughout the day.

Gum is good for day-long treatment. Use about 10 – 15 fresh pieces through the day. For maximum effect, chew the gum slowly, then park it in the side of your mouth. 2mg or 4mg doses are available to help beat the different strengths of craving.

Microtabs contain nicotine and dissolve when you place them under your tongue.

Lozenges slowly release nicotine, which can take up to 30 minutes to dissolve.





Need something to do with your hands?

An **inhalator** releases nicotine vapour which gets absorbed through your mouth and throat. This might suit you if you miss having something to do with your hands when not smoking.

Need to beat the cravings NOW?

A **nasa spray** might come in handy if you need a more instant dose of nicotine (such as first thing in the morning, or if you find that the slower release products take a bit too long at first). These sprays deliver a swift and effective dose of nicotine through the lining of your nose or mouth.



Or do you want to consider an alternative to NRT, talk to your pharmacist or doctor

Champix (varenicline) and **Zyban** (bupropion hydrochloride) work to reduce your cravings. They come in tablet form and you start taking them one or two weeks before you quit. Treatment usually lasts 8–12 weeks. They are only available on prescription and are not available if you're pregnant or under 18.

To find out more about NRT and stop smoking medicines: Speak to your local NHS Stop Smoking adviser, or ask your local GP or pharmacist.

If you take a step back and start smoking again, **don't despair**, it can take a few attempts to quit for good.

Ask yourself:

Why did I start smoking again?

- Thought I could 'just have one'?
 - Didn't prepare well or think about smoking triggers?
 - Didn't work out ways of dealing with stress?
 - Put on weight?
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What do I do if I have a cigarette?

- Remind yourself why you want to quit
 - Bin any cigarettes you've got
 - Get out of the situation that made you start – go outside or go to a different room next time
 - Call a friend or **Smokefree** on **0800 169 0 169**
 - Think positively and remind yourself that you can do it
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Struggling to do it alone?

If you want more help:



You'll get advice on other ways to quit:

- 1** With help from your local **NHS Stop Smoking Service** you're up to **four times more likely to quit** than if you choose to go it alone, and **9 out of 10** smokers who have used their local NHS Stop Smoking Service **will recommend it**.
- 2** Sign up with the **Smokefree Together programme** and we'll post you the information packs you need and **advise you** at all the **critical stages** of your quit journey, with **supportive text messages**, emails and phone calls. So if you can't make the local NHS Stop Smoking Service meetings, you can still get support, **and all for free**.
- 3** Using **stop smoking medicines** (such as nicotine replacement therapies, Champix (varenicline) or Zyban (bupropion hydrochloride)) can help you through those early stages when **cravings are strongest**. Using such products with NHS support means you will be **up to four times more likely to succeed**.

Local NHS Stop Smoking Services

For one-to-one or group-based advice,
text **QUIT** plus your postcode to **88088**

For free advice, help and support:

Go to **www.nhs.uk/smokefree** or
www.facebook.com/nhssmokefree

Call Smokefree on **0800 169 0 169**
(Weekdays 9am – 8pm. Weekend 11am – 5pm)

Or **textphone 0800 169 0 171**

Because life's better smokefree.

