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www.nicorette.co.uk



THE LATEST
QUIT GUIDE
TO
STOPPING
SMOKING

**SO YOU
WANT TO
QUIT?**



WE ARE GOING TO HELP YOU

You'll increase your chances of successfully stopping smoking by up to four times if you get the right support. The QUIT[®] Guide to stopping smoking gives you a step-by-step guide on how to quit for good.

QUIT is an independent charity which has helped over two million smokers. QUIT Counsellors can offer you friendly help and advice throughout your quitting process. So to discuss any concerns you have just ring Quitline[®] 0800 00 22 00 - a trained counsellor is there to help you or email stopsmoking@quit.org.uk for a same day reply.



**DO IT!
BREAK THE HABIT**

DON'T DELAY

STEP 1 NOT ALL SMOKERS ARE THE SAME

If you've had enough of being a smoker and just want to stop, then just do it! You will improve your chances of success if you get help as soon as possible.

If you don't feel ready to stop straight away, then replacing some of your cigarettes with NRT is a safer option. This may well help you to think about setting a quit date in the future.

If you prefer to plan ahead, then that's fine too. Set a date not too far ahead and stick to it.

You will improve your chances of success if you get help as soon as possible. Ring Quitline on 0800 00 22 00 or email stopsmoking@quit.org.uk to find out what support will suit you best.



STEP 2 CHOOSE THE RIGHT SUPPORT FOR YOU

Only 3% of smokers succeed by willpower alone.

Both Nicotine Replacement Therapy (NRT) and Zyban have been proven to double a smoker's chances of quitting successfully. If you take NRT or Zyban AND get support from a local stop smoking group you increase your chances by up to 4 times! A new treatment, Champix has been clinically proven to more than treble a smoker's odds of successfully quitting.

Cigarettes deliver nicotine very quickly, which contributes to their addictive nature. However the nicotine in NRT is supplied in a slower and more controlled way. This is because NRT is designed to help you quit smoking and so gradually reduces your need for nicotine, until you don't need it anymore.

There are a wide range of NRT products available. If you are having trouble deciding which product to use, give a QUIT Counsellor a ring on 0800 00 22 00.



DO EXPECT MORE KISSES

DON'T RELY ON D.I.Y. CURES

All NRT products are available on prescription and can also be bought over the counter at pharmacies and large supermarkets. It's important to complete the full course of NRT as this increases your chances of quitting successfully. Some NRT formats may also help reduce weight gain associated with quitting smoking. Here's a brief description of the range of products available, to help you decide if NRT is right for you. Refer to individual packs for further details. All NRT products, Zyban and Champix reduce both the withdrawal symptoms and also the desire or cravings to smoke.



DO TRY A NEW WAY TO HELP YOU QUIT

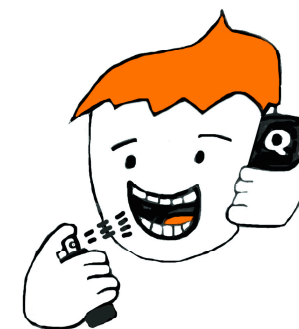
NICOTINE MOUTH SPRAY (Nicorette®)

An instant release mouth spray which acts fast to help you quit.

You can use the spray before or during cravings. It is suitable for all smokers regardless of the number of cigarettes you smoke. The spray can be used if you want to stop abruptly or to replace cigarettes for a safer option. A fresh mint taste, you are likely to need 1-2 sprays when you normally would have a cigarette or when you get a craving. You can have a maximum of 64 sprays in a day. For best results don't swallow for a few seconds after spraying. The discreet black dispenser should last between 1 to 2 weeks.

COMBINATION NRT

Using more than one NRT product often increases the likelihood of success of quitting, especially if you have previously tried and failed using the patch alone. The patch provides background nicotine replacement while the mouth spray, nasal spray, inhalator, chewing gum, tablets that dissolve under the tongue and lozenges, are all forms that can be used if you get a sudden craving.



DON'T PANIC!

NICOTINE PATCH

(NicAssist® – only available at Boots, Nicorette®, Nicotinell®, NiQuitin CQ®)

Patches are most helpful to people who like to feel protected from cravings throughout the day. They are easy to use and should be applied to dry non-hairy skin such as the upper arm, thigh or chest. The patches offer a continuous supply of nicotine throughout the day to help relieve the withdrawal symptoms and physical cravings you'll experience. You may still get urges to smoke but these will not be as strong.

A patch lasts either 16 or 24 hours, each of which come in three strengths delivering different amounts of nicotine, which is absorbed slowly through the skin. You are recommended to use them for up to three months depending on the brand you choose, starting off with the most appropriate strength for you. Always follow manufacturers' instructions. Some people experience a slight itching or redness of the skin and this can be lessened by varying the position of the patch when you apply a new one.



NICOTINE GUM

(NicAssist®, Nicorette®, Nicotinell®, NiQuitin CQ®)

Nicotine gum helps you to control your cravings whenever you feel the urge to smoke. It is different from ordinary chewing gum and can have a slightly peppery taste, especially to begin with, so you may have to persevere in using it. It is important to use it properly to get the full benefit. The gum comes in two strengths, regular (2mg) and maximum (4mg) and in a choice of flavours. The brand you select will determine which strength you use. The gum should be chewed slowly and then rested between your gum and the side of your mouth, repeatedly, for about 30 minutes. You should gradually reduce the number of gums you chew over about 3 months.

Maximum strength NRT gum can also help reduce weight gain associated with quitting smoking. The nicotine is slowly absorbed through the lining of the mouth. The main side effect is a slight irritation of the mouth and throat, but this lessens with use. The gum is difficult to use if you wear dentures and can aggravate stomach ulcers.

DO TRY SOME NRT

NICOTINE LOZENGES

(Nicorette®, Nicotinel®, NiQuitin CQ®)

The lozenge is an effective alternative to the gum and is available in a variety of strengths. The brand you select will determine which strength you use. You take one lozenge every hour or two for the first few weeks and then gradually reduce the number you take each day over the next few weeks until you don't need the lozenges anymore. Like the gum, the nicotine is absorbed through the lining of the mouth. Research has shown that the 4mg NRT lozenge can also help reduce weight gain associated with quitting smoking.

NICOTINE MICROTAB

(Nicorette®)

The Microtab is a small white tablet containing nicotine that dissolves under your tongue. Don't suck, chew or swallow it, as this will reduce the amount of nicotine that is absorbed through the lining of the mouth.



**DO FOLLOW
THE INSTRUCTIONS**

**DON'T GO
EMPTY
HANDED**

NICOTINE NASAL SPRAY

(Nicorette®)

The nicotine nasal spray is good for people who get severe withdrawal symptoms or who smoke heavily. The nicotine nasal spray comes in a bottle with a nozzle that delivers a dose of nicotine via a fine spray squirted into each nostril. It can be used up to 32 times a day. The nicotine is quickly absorbed through the lining of the nose. It mimics cigarettes more closely by giving a relatively fast effect. The spray may irritate your nose and throat, especially at first. However if you persevere this lessens. NRT nasal spray can help reduce weight gain associated with quitting smoking.



DON'T NARROW YOUR OPTIONS

NICOTINE INHALATOR

(NicAssist®, Nicorette®)

The inhalator is helpful when your body craves the nicotine and your hands miss a cigarette. The inhalator looks like a cigarette holder, inside which you place a cartridge containing nicotine. You simply suck on the inhalator when you get a craving. Nicotine is taken into the mouth and the back of the throat but not into the lungs.

CUT DOWN THEN STOP

If you feel you can't stop abruptly then you can use some forms of NRT to help you cut down the number of cigarettes then stop. You need to cut out at least half of your cigarettes with the help of NRT then after a while you can stop completely. Call the Quitline on 0800 00 22 00 or ask your GP or pharmacist for advice on this method.

ZYBAN

Your GP will be able to advise if Zyban is suitable for you depending on your medical history. It is only available on prescription. Zyban is an effective treatment, which has helped many smokers to quit. It is a non-nicotine tablet. A course of Zyban tablets lasts two months. You start taking Zyban while you are still smoking and set a date for quitting during the second week of treatment. It is not suitable for people who have a history of blackouts, fits, head injury or brain tumour but your GP will advise you further. The most common side effects are difficulty sleeping, dry mouth and headache.

Every patient who is prescribed Zyban is offered motivational support from the Right Time Programme, which is a personalised programme designed to encourage and support patients throughout their quit attempt.

GLUCOSE

There is now some preliminary evidence that glucose tablets reduce cravings and may help people to stop smoking.

DO ASK YOUR DOCTOR



DON'T FORGET GROUP SUPPORT

CHAMPIX

This is a non-nicotine therapy developed specifically to help people stop smoking. It works in two ways - it reduces cravings and withdrawal symptoms and it also diminishes the sense of satisfaction associated with smoking; potentially preventing a lapse from turning into a full relapse. Champix is only available on prescription from your GP and NHS Stop Smoking Services. You start taking the tablet while you are still smoking and set a quit date 8-14 days ahead.

The dosage is gradually increased until you are taking 2 tablets a day. The treatment lasts for 12 weeks. The most common side effects are nausea and sleep disturbance.

Every patient who is prescribed Champix is offered motivational support from the Life Rewards Programme, which is a personalised programme designed to support and encourage patients throughout their quit attempt.

SPECIALIST CLINICS AND SUPPORT GROUPS

Specialist smokers' clinics recommend using either NRT, Zyban or Champix.

Groups can help you to feel less alone in your attempt to quit. Being with other people who are also stopping can provide that all-important mutual support and a sense of being understood. They are usually run over a period of weeks and guide you through the different stages of quitting.

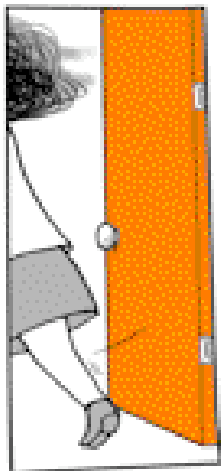
There are a growing number of both specialist clinics and support groups. Ring Quitline 0800 00 22 00 or email stopsmoking@quit.org.uk and a QUIT Counsellor will be able to tell you the location of your nearest group or clinic.

**DO IT,
BE THE CHAMP**



ALTERNATIVE THERAPIES

Some people claim to be helped by alternative therapies. However, the results of research are not clear, so overall their effectiveness remains unproven. The two most popular forms are hypnotherapy and acupuncture. If you decide to try alternative therapy, it is important to find a registered practitioner. The Institute of Complementary Medicine, PO Box 194, London SE16 7QZ or The British Complementary Medicine Association, UK Training College, St Charles Hospital, Exmoor St, London W10 6DZ can both supply further information on the services available and details of local practitioners.

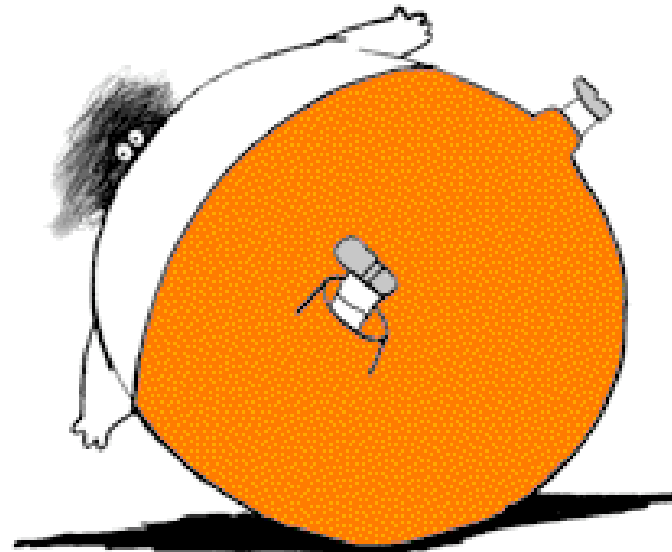


**DO
CHECK**

DON'T OVER EAT

STEP 3 WATCH YOUR WEIGHT

Make sure you don't replace cigarettes with fattening foods! If you feel you need to lose weight it's best to cope with stopping smoking first. If you try to do both at once you are more likely to fail. Quitting smoking is the most important thing a person can do to improve their health. If you put on weight while trying to quit resolve to do something about it as soon as you feel you are able to cope without cigarettes. In the meantime increase your exercise routine and eat healthily. For QUIT's free "So You Want A Healthy Body?" booklet about how to control your weight while quitting, ring Quitline 0800 00 22 00 or email stopsmoking@quit.org.uk



DON'T BE CONFUSED

FREQUENTLY ASKED QUESTIONS

Q. Does smoking reduce stress?

A. No, it's a temporary feeling, the effects of nicotine soon wear off and this withdrawal makes you feel tense.

Q. Can I use NRT when I'm pregnant and breastfeeding?

A. Pregnant smokers ideally should try to quit without NRT but if you can't manage this, you can use NRT. The risks to your unborn baby are far less than continuing to smoke. If you have sickness or nausea and so prefer using a patch avoid using it over night.

If you are breastfeeding it is better if you use gums, lozenges or inhalers rather than patches and avoid their use just before breastfeeding. If you have a partner who also smokes try to quit together.

Q. I'm under 18 can I use NRT?

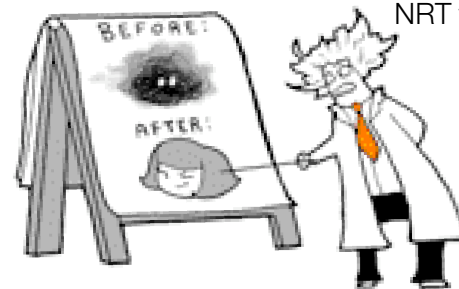
A. For 12 - 17 year old smokers NRT may be helpful. You can use NRT for up to 12 weeks but talk to a healthcare professional before using NRT for any longer.

STEP 4 EXERCISE

Research shows that undertaking exercise while stopping smoking can increase your chance of being successful. QUIT in conjunction with fitness experts have designed an exercise programme specifically for smokers to help you with your quit attempt. The step-by-step programme focuses on the areas most likely to be affected by smoking; lung capacity and cardiovascular health. 'Keep QUIT' has 4 levels of intensity designed to cater for a wide range of fitness and ability. It can be downloaded by visiting www.quit.org.uk. Alternatively choose any physical activity you enjoy and fit it into your quitting plan at least 3-4 times a week. Exercise will help your body cope with withdrawal symptoms and boost your self-confidence and well-being.



DO SOME EXERCISE



Q. What are withdrawal symptoms?

A. Symptoms include irritability, restlessness, depression, difficulty concentrating, sleep disruption, increased appetite and craving for tobacco. The good news is that it means your body is recovering and all the symptoms are temporary. Any mood changes usually go back to normal after about 3 or 4 weeks. None of the symptoms are life threatening, unlike smoking!

Q. I have diabetes , can I use NRT ?

A. Nicotine from smoking and from NRT affects your blood sugar levels, so when you stop smoking these can vary more than usual. So monitor your sugar more regularly than usual as you may need to make changes to your diet, your insulin or the amount of medication you take.

Q. I've just come out of hospital, can I use NRT?

A. If you have had a heart attack, stroke or serious problem with irregular heartbeats you need to tell your doctor you are going to use NRT and follow his/her advice.



**DO
HAVE A GO**



FEEL THE BENEFITS

YOUR HEALTH – STOP SMOKING, AND AFTER ...

- 20 minutes:** Your blood pressure and pulse rate should return to normal.
- 8 hours:** Oxygen levels in your blood should return to normal.
- 24 hours:** Carbon monoxide has been eliminated from your body. Your lungs start to clear out mucus and other smoking debris.
- 48 hours:** Your ability to taste and smell may be greatly improved.
- 72 hours:** Breathing becomes easier. Your bronchial tubes begin to relax and your energy levels increase.
- 2-12 weeks:** Circulation improves throughout the body.
- 3-9 months:** Coughs, wheezing and breathing problems get better as your lung function is increased by up to 10%.
- 1 year:** Risk of a heart attack drops to half that of a smoker.
- 10 years:** Risk of lung cancer falls to half that of a smoker.
- 15 years:** Risk of heart attack falls to same as someone who has never smoked.

FINANCIAL

Work out how much money you spend on cigarettes in a day, a week and a year then start planning all the treats you can have with the money.

**DON'T
FORGET
THE
MATHS**

DO GO ON-LINE

HELPFUL WEBSITE RESOURCES

www.quit.org.uk

www.asianquitline.org

www.Click2Quit.com

www.bhf.org.uk

www.givingupsmoking.co.uk

www.nosmokingday.org.uk

www.ash.org.uk

www.cancerresearchuk.org

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QUIT has editorial control over all copy.

