

## Nicotine Nasal Spray

Nicotine nasal sprays are available by prescription only.

### Possible side effects:

- nasal and sinus irritation
- nasal congestion
- changes in sense of smell and taste

### Do not use if you are:

- pregnant
- nursing

*If you have a heart condition, ask your doctor before using.*

## Bupropion (Zyban)

This medication is available by prescription only.

### Possible side effects:

- insomnia
- dry mouth
- shakiness
- allergic reactions (such as skin rashes, itching and hives)
- seizures involving convulsions and loss of consciousness (1 in 1,000 users)

### Do not use if you:

- are pregnant
- are nursing
- have a history of seizures
- have an eating disorder
- used an MAO (monoamine oxidase) inhibitor within the past 2 weeks
- use any medications for depression

## You Are Ready To Quit

- Set your quit date.
- Put your commitment in writing.
- Follow the instructions above.

## You can do it! Get started!

## How Do I Begin?

### Two items of advice:

It helps to get help. Each year, only about 5% of people who try to stop on their own succeed. Research shows that those enrolled in formal stop-smoking programs achieve the best success.

Keep trying. Most tobacco users require many tries before they are able to stop for good. If you resume smoking, don't give up hope. An unsuccessful attempt is not a failure; it is a learning experience that brings you one step closer to your goal. Try again!

### For more information contact:



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## How To Quit Using Tobacco

### References

- 1 Help me quit using tobacco: Mayo Clinic Nicotine Dependence Center, 2001
- 2 Tips to help you quit: American Cancer Society, 2001
- 3 Quit smoking action plan. New York: American Lung Association, 1998; 8



## A New Approach to Life

To stop using tobacco products, you will need a new approach to life. People who stop successfully have developed new attitudes and activities that replace those behaviors that surrounded smoking and other tobacco use. Before you attempt to quit, think about preparing for it. The better prepared you are, the higher the likelihood of success. Here are some suggestions:

- Decide positively that you want to quit.
- Make a list of reasons, including personal reasons, medical effects, health benefits, financial advantages, and obligations to others.
- Repeat one of these reasons to yourself several times each morning.
- Start conditioning yourself physically with a modest exercise routine. Get lots of rest and drink more fluids.
- Set a target date for quitting within the next 2 weeks. Don't allow anything to change that date.
- Identify barriers to quitting. What will make it difficult? What situations make you desire tobacco? What can you do to change that?
- Make a list of people who can support your intentions to quit, such as family, friends, and coworkers. Discuss your plans with them.
- If any of these people are smokers, ask them to refrain from using tobacco around you or, better yet, ask them to join you in quitting.
- Clear the places where you usually smoke of anything that would remind you of cigarettes – like lighters, ashtrays, or matches.
- Clean your house and car; try to remove the smell of smoke as much as possible.
- Make a list of activities, hobbies, and interests that you can do to keep your mind off smoking.
- Prepare yourself with knowledge about the withdrawal symptoms and ways to cope with them. <sup>1-3</sup>

## Coping With Nicotine Withdrawal <sup>1, 2</sup>

### Withdrawal symptoms

Cravings for tobacco

### How to cope

Distract yourself with hobbies and activities. Do deep-breathing exercises. Realize that cravings are brief.

Irritability

Take a few slow, deep breaths. Soak in a hot bath.

Insomnia

Take a walk several hours before bed. Avoid beverages with caffeine after noon. Unwind by reading for awhile. Take a warm bath. Eat a banana or drink warm milk.

Increased appetite

Drink water or low-calorie liquids. Make a personal survival kit: include straws, cinnamon sticks, coffee stirrers, licorice, toothpicks, gum, or fresh vegetables.

Inability to concentrate

Take a brisk walk. Take deep breaths of fresh air. Simplify your schedule for a few days. Take a break.

Fatigue

Get an adequate amount of sleep each night. Take a nap. Try not to push yourself for 2-4 weeks.

Constipation, gas, stomach pain

Drink plenty of fluids. Gradually change your diet. See your dietitian. Add fiber to your diet: fruit, raw vegetables, whole grain cereals.

Jitters

Keep your hands busy with other activities. Handle a stress ball or rubber ball.

## Medications That Can Help

Ask your health-care provider for advice about using medications to ease the symptoms of withdrawal and help you to quit using tobacco. The US Public Health Service recognizes five first-line treatments that have been proven effective at reducing tobacco use:

### Nicotine Patch

The patch should be applied on a relatively hairless area between the neck and waist upon awakening on quit day and replaced with a new patch in a new location each day.

Carefully read and follow the directions on the package inserts, as dosing varies by brand.

#### Possible side effects:

- headache
- dizziness
- upset stomach
- weakness
- blurred vision
- insomnia
- vivid dreams
- mild itching or burning of the skin
- diarrhea

#### Do not use if you are:

- pregnant
- nursing

*If you have a heart condition, ask your doctor before using these patches.*

### Nicotine Gum

If you are smoking fewer than 25 cigarettes per day, it is suggested that you use 2-mg pieces, no more than 24 per day, for up to 12 weeks. If you are smoking 25 or more cigarettes per day, you should use the 4-mg pieces in the same way.

The gum should be chewed slowly until a peppery or minty taste emerges and then park the gum between your cheek and gum for about 30 minutes.

#### Possible side effects:

- sore mouth
- hiccups
- upset stomach
- jaw ache

#### Do not use if you are:

- pregnant
- nursing

*If you have a heart condition, ask your doctor before using nicotine gum.*

### Nicotine Inhaler

Nicotine inhalers are available by prescription only.

#### Possible side effects:

- cough
- mouth and throat irritation
- nasal inflammation

#### Do not use if you are:

- pregnant
- nursing

*If you have a heart condition, ask your doctor before using.*