Getting ready for quit day

Preparing to quit smoking

- Make quitting the most important priority in your life at this time.
- Set a quit date and commit to it.
- Build motivation-write down your top 5 reasons for wanting to quit and review them daily.
- Practice stress management techniques: deep breathing, meditation and visualization
- Start a new hobby/something you have always wanted to do.
- Start a healthy habit, such as a walking or exercise program. If you have health problems discuss exercise with your doctor.
- Use positive self-talk/affirmations, "I can beat this addiction."
- Get the support of family, friends, and co-workers.

Consider which option is best for you

- **Cold Turkey:** Quitting smoking abruptly without using any quit smoking aids. This causes the strongest withdrawal symptoms; however, the body recovers faster and cravings diminish quicker.
- **Tapering:** Gradually decreasing the number of cigarettes smoked per day until you get to zero.
- **Fading:** Slowly decreasing the nicotine by switching from a high to a low nicotine brand, one step at a time before going cold turkey. Be careful not to inhale deeper or smoke more cigarettes.
- Alternative therapies: Acupuncture and hypnosis have been used successfully by some in easing withdrawal.
- **Beyond Willpower:** Talk to your doctor if you are interested in Nicotine Replacement Therapy (NRT) or Zyban. There are many types of NRT's including the patch, gum, inhaler, lozenge, and nasal spray. They can be used to ease withdrawal symptoms. Zyban, an antidepressant used by some while quitting smoking, is usually started 2 weeks before quit day.

Quit Smoking Aides

Nicotine Replacement Therapies

Some nicotine replacement therapies, used to lessen withdrawal symptoms are covered by your insurance or Medi-Cal with proof of enrollment in a stop smoking class. Call Placer County at (530) 889-7196 or the California Smokers Helpline at 1-800 NO BUTTS. All Nicotine Replacement Therapies are designed to be used temporarily and will need to be stepped down gradually.

Methods available over the counter

1) **Patch:** Releases nicotine through the skin into the blood at a constant rate throughout the day.

Use: The patches come in varying strengths and are worn for either a 16 or 24-hour period. Each day a clean one is applied to a hairless portion of the upper body. It takes between 2-4 hours for the user to feel the effects once it is applied.

Cost: \$4/day for average use.

Advantages: Constant low level of nicotine is less likely to cause dependence.

Disadvantages: 2-4 hour lag time prevents self-dosing. Side effects may include: rash at patch site, headaches, dizziness, upset stomach, weakness, blurred vision, vivid dreams or insomnia and diarrhea. **Caution:** Do not smoke while the patch is on. You could put a dangerously high level of nicotine into your body.

2) Gum: Releases nicotine through the cheek lining into the bloodstream as you hold it in your mouth.

Use: The gum comes in varying strengths depending on the amount of cigarettes you smoked per day. Chew the piece of gum until you notice a peppery taste or tingle, and then park it between your cheek and gum until the tingle subsides. Nicotine is absorbed through the lining of the gums when parked. Repeat this process of slowly chewing and parking for about 30 minutes. It only takes a few minutes for the user to feel the effects of the nicotine gum. Usually 10-15 pieces each day is enough; however, you can have up to 30.

Cost: \$5/day for average use.

Advantages: Can self dose as needed. Reduces snacking as you can't eat or drink 15 min before or after chewing the gum.

Disadvantages: The taste of gum. Side effects may include soreness of the teeth and gums and heartburn if you chew, bite or swallow the juice in the saliva instead of letting it absorb through the gums.

3) Lozenge: Slowly releases nicotine into the mouth and is absorbed through the cheek lining into the bloodstream.

Use: Comes in varying strengths depending on the amount of cigarettes smoked per day. Park the gum in your mouth for 20-30 minutes. Do not swallow or chew. Can use up to 20 per day as needed.

Cost: \$6/day for average use.

Advantages: Can self dose as needed. Nicotine reaches the brain in minutes. Reduces snacking as you can't eat or drink 15 minutes before or after use.

Disadvantages: Side effects may include soreness of teeth and gums and heartburn if you chew, bite or swallow the juice in salvia instead of letting it absorb through the gums.

Methods available by prescription

1) **Inhaler:** Releases nicotine vapor into the mouth when you puff on the cartridge. Here nicotine is absorbed into the bloodstream through the lining of the mouth.

Use: Place the inhaler in your mouth and "puff" on it by inhaling deeply. 80 puffs are equal to one cigarette. 1 cartridge is about 2 cigarettes. The maximum dose is 16 cartridges a day. At the beginning use 6-16 cartridges per day, and after three months decrease the number you use.

Cost: \$7/day for average use.

Advantages: It only takes a few seconds to feel the effects of the nicotine. Can self dose as needed.

Disadvantages: Side effects may include irritation of the mouth and runny nose.

2) Nasal Spray: Quickly releases nicotine into nasal passages where it is absorbed into the bloodstream.

Use: Squeeze two squirts into each nostril. Use one to two doses per hour as needed. Not to exceed 40 doses a day.

Cost: \$5/day for average use.

Advantages: It only takes a few seconds to feel the effects of the nicotine. May be beneficial to those with severe physical cravings. Can self dose as needed.

Disadvantages: Increased potential for dependency because effects of nicotine are felt very quickly. Side effects may include irritation to nose and throat, nausea, and diarrhea.

Non-Nicotine Prescription:

1) **Zyban** Also known as Wellbutrin, is a relatively new non-nicotine medication that is designed to help some people quit smoking. It has been found to have a significant effect on people's ability to quit smoking. Sometimes can be covered by insurance if it is prescribed as Wellbutrin for symptoms of depression.

Use: Usually started 1-2 weeks prior to quit day and should be used for 7-12 weeks depending on the effect of the therapy. Dosing should begin at 150mg/day for the first three days followed by an increase to the usual dose of 300 mg/day.

Cost: \$3/day for average use.

Advantages: users report a feeling of well-being, and increased energy. Studies have shown this can help eliminate or lessen withdrawal from nicotine.

Disadvantages: It takes about a week to reach an effective level in the body. Side effects can include: dry mouth, insomnia, dizziness, anxiety, constipation, and disturbed concentration.

Preparing your environment for Quit Day

- Remove cigarettes, lighters, and ashtrays from your home, office and car.
- Clean your house, car and clothes to remove cigarette smell.
- Stock sunflower seeds, sugar-free gum, straws, puzzles, books, etc. in your home car and workplace.
- Seek support from family, friends, and co-workers.
- Ask smokers not to smoke in front of you during your transition.
- Plan to avoid places where people smoke.

Making an action plan

- Identify possible relapse situations.
- Write out what you will do instead of smoking.
- Consider upcoming social situations and commit yourself to not smoking.
- Avoid drinking alcohol if you can. It lowers inhibitions.
- Tell others ahead of time you guit smoking and ask for their support.
- Plan activities for free time when you expect temptation.

- Have friends available for support.Plan a reward for small successes.