

How much NRT do you need?

This chart is a guide only, everyone is different and you may need more or less.

How soon after you get up in the morning do you have your first cigarette?	Within 5 minutes	3
	5 - 30 minutes	2
	30 - 60 minutes	1
	More than an hour	0
How many cigarettes do you smoke per day?	0 - 10	0
	11 - 20	1
	21 - 30	2
	More than 30	3
Total score		

Add up the two numbers for your score.

Low 0-3: Start with either 21mg nicotine patch OR gum, lozenge, inhaler or mouth spray.

Moderate 4-5: Use a 21 mg nicotine patch AND gum, lozenge, inhaler or mouth spray.

High 6: Try one or two 21 mg nicotine patches AND gum, lozenge, inhaler or mouth spray more often to control cravings.

See contact details back page, plus:

- ♦ **Online:** www.quittas.org.au
www.smokefree.den.org.au
- ♦ **My QuitBuddy** App
- ♦ **No More Butts** support group

Call now for more information

- ♦ **Smoking Cessation Nurses**
North - phone **6777 4488**
Northwest - phone **6478 5251**
South - phone **6166 6835**
- ♦ **Quitline 13QUIT (13 7848)**

See overleaf for more support options

Alcohol and Drug Services welcomes feedback from clients, carers and family members to help us improve care. Talk to staff, fill in a feedback form or call Consumer Liaison Unit on 1800 811 911.

How to Quit Smoking



Know Your Options

TASMANIAN
HEALTH
SERVICE



The Tasmanian Health Service integrates acute, primary and community services. This integration gives service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.



Why quit now?

- ♦ Reduce your risk of cancer, heart and lung disease.
- ♦ Save money - a pack a day smoker can spend around \$10,000 a year.
- ♦ Be healthier, feel better, breathe easier and look younger.
- ♦ Recover better from illness or surgery.
- ♦ Cause less harm to others from the poisons in tobacco smoke.
- ♦ Set a good example for children.

Who can I talk to?

You can get support and advice through:

- ♦ **Quitline** - 13 QUIT (13 7848) free telephone counselling.
- ♦ **Smoking Cessation Nurses** - If you are a patient in a major hospital ask if you would like to see a specialist nurse or find a support group.
See contact details for each region of Tasmania overleaf.
- ♦ **No More Butts** support group. Ask the Smoking Cessation Nurse for more details about what is available.
- ♦ **Talk to your GP or Pharmacist.**

Ways to quit smoking

“Cold turkey”

Is when you quit smoking without using any medications.

You can either cut down over a few days until you stop or choose a date to quit and stop suddenly.

Medications

Medication can help you with withdrawal and can be used to cut down before you quit.

Non-nicotine medications

Talk to your GP about medications that can help you quit smoking.

These are on the Pharmaceutical Benefits Scheme (PBS).

Nicotine Replacement Therapy/NRT

Here is a brief outline of what NRT is and how it can work:

- ♦ NRT is medication that contains nicotine (patch, gum, lozenge, inhaler, mouth spray).
- ♦ Using NRT can more than double your chance of quitting.
- ♦ You can get NRT from pharmacies and supermarkets, and when you are in hospital.
- ♦ A GP can write you a prescription as some NRT is on the PBS.

Tips to quit

- ✓ Learn from the past - what worked for you, and what didn't, when you tried before.
- ✓ Think about things that make you want to smoke and change your routine.
- ✓ Talk to someone when you feel stressed.
- ✓ Do more exercise, talk to your GP about good options for you.
- ✓ Reduce your caffeine intake such as coffee, tea, coke, energy drinks and chocolate. Caffeine has a stronger effect on you when you are trying to quit smoking.
- ✓ Stop or drink less alcohol as it makes it harder to say no to a cigarette.

You are more likely to quit if you use medication and counselling together

Nicotine withdrawal

It is normal to feel withdrawal symptoms when you stop smoking.

Some common symptoms are agitation, restlessness, anxiety, difficulty sleeping and strong craving for cigarettes.

These symptoms are worse in the first few days and **become less until they stop** around two to four weeks later.