

# Clearing the Air:

## What You Need to Know and Do to Prepare to Quit Smoking

### *Getting Ready to Quit Course*

### Creating Success!

- THINK ABOUT
  - Process of Changing an Addiction
  - Your Pros and Cons of Smoking and Quitting
- DECIDE
  - Make sure you are Ready, Willing, and Able
  - Make a Firm Decision
- PREPARE
  - Commitment
  - Knowing your Options
  - Creating a Quit Plan
- DO
  - Put Plan into Action
  - Revise as Needed

# My Most Recent Quit Attempt

What worked? \_\_\_\_\_

What kept me from smoking during that time? \_\_\_\_\_

How long did I go without smoking? \_\_\_\_\_

Did I feel any improvements? \_\_\_\_\_

## What felt good about quitting? (check all that apply)

- I felt healthier
- I helped those around me be healthier
- I saved money
- Cigarettes didn't control me.
- I didn't smell like smoke
- I set a good example
- I was proud of myself
- Other people were proud of me
- Other good things: \_\_\_\_\_

## What was hard about quitting? (check all that apply)

- Dealing with cravings for cigarettes
- Not knowing what to do with my hands
- Staying quit when others around me were smoking
- Not smoking when... \_\_\_\_\_ (ex. waking up in the morning, finishing a meal)
- Not knowing what to do when... \_\_\_\_\_ (ex. Angry, nervous, upset)
- Other difficult things: \_\_\_\_\_

## What situation, emotion, or excuse led you to smoke again?

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

How was I feeling? \_\_\_\_\_

## If you came across this same situation again, how could you deal with it without smoking?

I could... \_\_\_\_\_

(from Kicking Butts, American Cancer Society)



## How Dependent Am I?

1. How soon after you wake up do you smoke your first cigarette?

- After 60 minutes (0)
- 31 - 60 minutes (1)
- 6 - 30 minutes (2)
- Under 5 minutes (3)

2. Do you find it difficult to refrain from smoking in places where it is forbidden?

- No (0)
- Yes (1)

3. Which cigarette would you most hate to give up?

- First in the morning (1)
- Any other (0)

4. How many cigarettes per day do you smoke?

- 10 or less (0)
- 11 - 20 (1)
- 21 - 30 (2)
- 31 or more (3)

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?

- No (0)
- Yes (1)

6. Do you smoke even if you are so ill that you are in bed most of the day?

- No (0)
- Yes (1)

To find your score: Add up the numbers in (parentheses) after each of your answers for the 6 questions. Use ranges below to find your dependence level.

- 0 - 2 = Very low dependence
- 3 - 4 = Low dependence
- 5 = Medium dependence
- 6 - 7 = High dependence
- 8 - 10 = Very high dependence

# Using Medications

Description & Examples	Pros & Cons	Comments
<p><b>Nicotine Patch</b>                      NicoDerm® CQ                      Nicotrol®                      Nicotine Transdermal Patch (prescription required)                      Habitrol® (prescription required)                      ProStep® (prescription required)</p> <p>Patches deliver nicotine through the skin in different strengths, over different lengths of time.</p>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Only needs to be applied once a day</li> <li>• Some available without a prescription</li> <li>• Few side effects</li> </ul> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>• Less flexible dosing</li> <li>• Slow onset of delivery</li> <li>• Mild skin rashes and irritation</li> </ul>	<p><b>Comments/Limitations:</b> Patches vary in strengths and the length of time over which nicotine is delivered. Depending on the brand you use, may be left on anywhere from 16 to 24 hours. Some smokers who use these products can stop them abruptly, while others prefer to reduce their dosages slowly.</p>
<p><b>Nicotine Polacrilex (nicotine gum)</b>                      Nicorette®</p> <p>The term “gum” is misleading. Although it actually is a gum-like substance impregnated with small amounts of nicotine, nicotine gum is not chewed like regular gum. Instead, you chew it briefly and then “park” it between your cheek and gum. The nicotine is absorbed through the lining of the mouth.</p>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>• Convenient</li> <li>• Flexible dosing</li> <li>• Faster delivery of nicotine than the patches</li> </ul> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>• May be inappropriate for people with dental problems and those with temporomandibular joint (TMJ) syndrome</li> <li>• Cannot eat or drink while the medication is in your mouth</li> <li>• Frequent use during the day required to obtain adequate nicotine levels</li> </ul>	<p><b>Comments/Limitations:</b> Many people use this medication incorrectly. Most of the time the gum is in your mouth, it should be “parked” between your cheek and gum. Read package directions carefully for a full explanation.</p> <p>To achieve greatest benefit, you generally should chew nine or more pieces a day.</p>
<p><b>Nicotine Nasal Spray</b>                      Nicotrol® NS (prescription required)</p> <p>Delivers nicotine through the lining of the nose when you squirt it directly into each nostril.</p>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>• Flexible dosing</li> <li>• Can be used in response to stress or urges to smoke</li> <li>• Fastest delivery of nicotine of currently available products</li> <li>• Reduces cravings within minutes</li> </ul> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>• Nose and eye irritation is common, but usually disappears within one week</li> <li>• Frequent use during the day required to obtain adequate nicotine levels</li> </ul>	<p><b>Comments/Limitations:</b> Unlike nasal sprays used to relieve allergy symptoms, the nicotine spray is not meant to be sniffed. Rather, it is sprayed once into each nostril once or twice an hour. Take a deep breath, hold it, spray once into each nostril and exhale through the mouth.</p> <p>Ask your pharmacist for help in using the product correctly.</p>
<p><b>Nicotine Inhaler</b>                      Nicotrol® Inhaler (prescription required)</p> <p>A plastic cylinder containing a cartridge that delivers nicotine when you puff on it. Although similar in appearance to a cigarette, the inhaler delivers nicotine into the mouth, not the lung, and enters the body much more slowly than the nicotine in cigarettes.</p>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>• Flexible dosing</li> <li>• Mimics the hand-to-mouth behavior of smoking</li> <li>• Few side effects</li> <li>• Faster delivery of nicotine than the patches</li> </ul> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>• Frequent use during the day required to obtain adequate nicotine levels</li> <li>• May cause mouth or throat irritation</li> </ul>	<p><b>Comments/Limitations:</b> Puffing must be done frequently, far more often than your cigarette. Each cartridge lasts for 80 long puffs; each cartridge is designed for 20 minutes of use. A minimum of six cartridges per day is needed for three to six weeks, then the patient starts tapering off. You do not need to inhale deeply to achieve the effects. Small doses of nicotine provide a sensation in the back of the throat similar to cigarette smoke.</p>
<p><b>Non-Nicotine Medications</b>                      Zyban™ (bupropion hydrochloride) Sustained-Release Tablets (prescription required)                      Chantix™ (varenicline tartrate) Tablets (prescription required)</p> <p>Currently, the only non-nicotine medications approved for quitting smoking.</p>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Pill form</li> <li>• Few side effects</li> <li>• Can be used in combination with nicotine patches</li> </ul> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>• Should not be used by patients with certain health conditions</li> <li>• Lack of flexibility of use</li> </ul>	<p><b>Comments/Limitations:</b> For more information consult your physician or health care provider. You may also contact the Lung Help Line at 1-800-LUNG-USA.</p>

## Medication/NRT Information

Cessation Aids	Treatment Length	Dosing	Cost per Day
<b><i>Over the Counter</i></b>			
<b>Nicotine Patch</b>	8-10 weeks	More than 10 cigs/day = 21 mg Less than 10 cigs/day = 14 mg	~ \$4
<b>Nicotine Gum</b>	Up to 12 weeks	25 or more cigs/day = 4 mg Less than 25 cigs/day = 2 mg	~ \$4.50
<b>Nicotine Lozenge</b>	12 weeks	1st cig. less than 30 min. after waking = 4 mg 1st cig. more than 30 min. after waking = 2 mg	~ \$6 avg. use ~ \$12 max use
<b><i>Prescription</i></b>			
<b>Nicotine Inhaler</b>	3-6 months	6-16 cartridges/day Start with at least 6 initially to control symptoms	~ \$6 = 6 cartridges
<b>Nicotine Nasal Spray</b>	3-6 months	Dose = 1 squirt each nostril Dose 1-2 times/hour as needed to control symptoms	~ \$5 avg. use (13 doses) ~ \$15 max use (40 doses)
<b>Zyban™</b>	7-12 weeks Can take for up to 6 months if needed	Start 7 days prior to quitting Days 1-3 = 150 mg tablet Days 4-end = 150 mg tablet 2 times a day	~ \$5 for brand ~ \$3 for generic
<b>Chantix™</b>	12 weeks If quit at 12 wks, take for additional 12 wks to prevent relapse	Start 7 days prior to quitting Days 1-3 = .5 mg Days 4-7 = .5mg 2x/day Days 8+ = 1.0mg 2x/day	~\$4.50 for starter pack ~\$4/day per month

# PREPARE

## Know Your Options

<b>Professional Assistance</b>	<ul style="list-style-type: none"><li>•Health Department/American Lung Association</li><li>•Counseling / Therapist</li><li>•Doctor</li><li>•Maryland Quitline: <b>1-800-QUITNOW</b></li><li>•SmokingStopsHere.com</li></ul>
<b>NRT (Over the Counter)</b>	<ul style="list-style-type: none"><li>•Gum</li><li>•Lozenges</li><li>•Patches</li></ul>
<b>NRT (Prescription)</b>	<ul style="list-style-type: none"><li>•Inhalers</li><li>•Nasal Spray</li></ul>
<b>Medication (Prescription)</b>	<ul style="list-style-type: none"><li>•Zyban®</li><li>•Chantix®</li></ul>
<b>Social Support</b>	<ul style="list-style-type: none"><li>•Friends and Family</li><li>•Coworkers</li><li>•Groups</li></ul>