

DECIDING TO QUIT

Deciding to quit smoking is a fantastic decision to make, for you and for those around you.

Your body's road to recovery from smoking begins just 20 minutes after your last cigarette.

After a month of not smoking, you will see your hair and skin are in better condition. After 1 year of not smoking, risk of heart attack, heart disease, or a stroke will have dropped by 50%.

The **hardest part** of your quit smoking journey will be the **first week**. This is when the physical cravings and withdrawal symptoms will be felt the most.

Help is at hand.

Using NRT and seeking support from an NHS stop smoking specialist is proven to be the most effective way of stopping this life-threatening addiction.



"HOW MUCH NRT DO I NEED?"

Use NRT to **replace** the level of nicotine your body is used to receiving. The more you smoke, the more NRT you will need to begin with.

Here is a guide on how much NRT to begin using, dependent on the number of cigarettes usually smoked per day. Evidence shows most people will require a higher dose.

USING NRT TO QUIT

When used consistently and correctly, NRT combined with specialist support, is clinically proven to be the best way to successfully quit smoking.

One of the main reasons why people fail a quit attempt while using NRT, is that they don't get enough nicotine into their bodies to get rid of the cravings and withdrawal symptoms.

Also, some withdrawal symptoms can be wrongly thought of as side effects to NRT, when in fact more NRT may be what's needed.

If you're unsure or struggling with NRT, speak to an NHS stop smoking specialist, who will give you all the support you need, or use the free NHS service, Help Me Quit.

NRT Type	If you smoke less than 20 cigarettes a day	If you smoke 20 or more cigarettes a day
Nicotine Patch	- 24hr Patch: 14mg / 21mg (lower the dosage when you are ready) - 16hr Patch: 15mg / 25mg (lower the dosage when you are ready)	- 24hr Patch: 21mg (lower the dosage when you are ready) - 16hr Patch: 25mg (lower the dosage when you are ready)
Lozenges	1mg / 2mg lozenge every 1-2h when urge to smoke	4mg lozenge every 1-2h when urge to smoke
Inhalator	When the urge to smoke occurs or to prevent cravings	When the urge to smoke occurs or to prevent cravings
Mini Lozenges	1.5mg lozenge every 1-2h when urge to smoke	4mg lozenge every 1-2h when urge to smoke
Mouth Spray	1-2 sprays in mouth when urge to smoke or to prevent cravings	1-2 sprays in mouth when urge to smoke or to prevent cravings
Gum	2mg gum when urge to smoke	4mg gum when urge to smoke
Microtabs	1 tablet per hour (increase to 2 per hour if necessary)	2 tablets per hour
Nasal Spray	Spray in each nostril when urge to smoke. Up to 2 sprays per nostril per hour	Spray in each nostril when urge to smoke. Up to 2 sprays per nostril per hour

"I DON'T SMOKE PACKET CIGARETTES."

If you smoke tobacco as roll-ups, cigars, or in pipes, here is our handy guide to help you calculate the equivalent number of cigarettes you smoke, each day.

Rolling Tobacco		Cigars	
1 x roll-up cigarette	= 1 x cigarette	1 x small cigar	= 1.5 x cigarettes
		1 x medium cigar	= 2 x cigarettes
		1 x large cigar	= 4 x cigarettes
If daily number of roll-ups is unknown:			
30g bag of tobacco	= 60 x cigarettes		
1 x 30g bag a week	= 8.5 x cigarettes a day	Pipes	
50g bag of tobacco	= 100 x cigarettes	1 x bowl of tobacco	= 2.5 x cigarettes
1 x 50g bag a week	= 14 x cigarettes a day		



Contact Help Me Quit

Tel: 0800 085 2219
Email: helpmequit@wales.nhs.uk
Text: HMQ to 80818

Website: helpmequit.wales

You are 3x more likely to quit if you combine NRT with professional support.

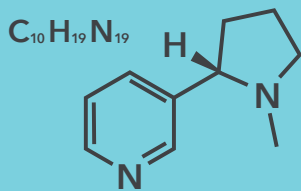


TOP 10 TIPS TO QUIT SMOKING

1. Set a date to quit.
2. Get rid of smoking products in your home.
3. Try different NRTs to find what's best for you.
4. Use a combination of NRT types.
5. Find ways to keep your mind off cravings.
6. You can use fast acting NRTs before cravings hit.
7. Avoid situations where you'd normally smoke.
8. Keep track of the money you're saving.
9. Exercise. Try to stay active to reduce stress.
10. Get help. Combine NRT with specialist support.

WHAT IS NRT?

The main reason that people smoke is because they are addicted to nicotine.



Nicotine Replacement Therapy (NRT) is a range of medication that helps reduce unpleasant withdrawal effects, like bad moods and cravings, by providing you with nicotine, without the tar, carbon monoxide, and other poisonous chemicals present in tobacco, making it far safer than smoking.



Other medications are available as alternatives to NRT and can be very effective. These medications require a prescription. Please speak to your NHS Smoking Advisor, GP, or Pharmacist.

BEAT THE CRAVINGS WITH NRT

SKIN

Nicotine Patches: Nicotine is slowly and steadily absorbed into the bloodstream through the skin. There are 16hr and 24hr patches. 24hr patches are for those who feel the urge to smoke within 30mins of waking or wake in the night to smoke.

- + Easy to use and very effective when used with other, quick releasing forms of NRT.
- Possible itching, burning or tingling when first applied, and disrupted sleep if worn at night.



NOSE

Nasal Spray: A fast-acting mist, sprayed up the nose where nicotine is absorbed through the lining of the nostrils.

- + A great alternative for anyone unable to use, or who dislikes using NRTs that go in the mouth.
- Possible runny nose, nose irritation, coughing, sneezing, eye irritation.

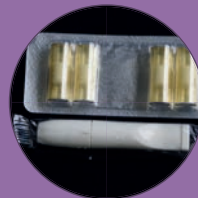


MOUTH

These forms of NRT provide fast relief from cravings by allowing nicotine to be absorbed through the lining of the mouth.

Inhalators: Small, discreet and held like a cigarette, with one dose lasting around 40 minutes.

- + A good substitute for the hand to mouth action of smoking.
- Possible sore throat, dry mouth, headache, nausea, and hiccups. Lower nicotine absorption per inhalation, compared to a cigarette.



Gum: Chewed then rested between the gums and cheek (over 30 minutes).

- + Available in mint or fruit flavour (dependant on strength).
- Possible indigestion, dry mouth, unpleasant taste, and increased salivation.



Microtabs: Tablets placed under the tongue, dissolving in 15-20 minutes. Not to be chewed or swallowed.

- + Quick and discreet craving relief.
- Possible sore throat, dry mouth, unpleasant taste, mouth irritation, hiccups, and indigestion.



Lozenges / Mini Lozenges: Placed between the gum and the cheek, dissolving within 15-20 minutes. Not to be chewed or swallowed.

- + Quick and discreet craving relief. Mini lozenges are available in mint or fruit flavour.
- Possible indigestion, dry mouth, unpleasant taste, and increased salivation.



Mouth Spray: A fast-acting mist, sprayed to the inside of the cheek.

- + Rapid relief from cravings – acting in 60 seconds. Available in mint or berry flavour.
- Possible mouth irritation, sore throat, hiccups, nausea, indigestion, bad taste, and increased salivation.



Using a combination of NRT types is the best way to combat cravings & withdrawal and quit smoking completely!



"Nicotine patches and inhalators worked for me! The patches sorted out my cravings and the inhalator kept my hands busy and my mind off smoking a cigarette. I've quit for good!" - Debbie, from Abercynon.

"I'm using gum and the lozenges. No one can tell I'm trying to quit, and they taste ok too. I'm one week in and I am feeling confident." - Andy, from Ruthin.



E-cigarettes / Vaping: These are also an effective form of nicotine replacement, however, they cannot be prescribed as NRT medication. For more information on e-cigarettes, please scan here:

