

Top 9 tips to help quitters on their journey

Quitting smoking is one of the hardest things people face. From warding off cravings to managing stress, there's a lot for people to consider on their journey, and you can help prepare them by sharing some simple tips. If they come to the pharmacy asking for advice on quitting, consider sharing some of them below points.



1 Planning to quit

- Quitting smoking isn't an easy task. Potential quitters need a plan that works for them to help reach their goal.
- First, advise them to set a date! It's a great way to mentally prepare to stop smoking.
- Ask them to consider if they want to quit completely or gradually and find the right product(s) that are right for them.

2 Being clear on why they decided to quit

- Suggest they make a list of all the reasons they want to stop smoking and put it somewhere they'll see it. If they feel like they want to give up, they can revisit their list to remind themselves of why they are doing this and keep going!

3 Using the money they save on cigarettes to treat themselves

- Smoking can be an expensive habit - ask them to calculate how much they could save monthly by not smoking.
- Advise them to make the money they save visible e.g. through a special account or just start a 'quitting jar', to store the saved cash. Then for the fun part - deciding how they spend it.

4 Trying to quit with a friend

- Ask them if they have any friends who also want to quit. That way, they can keep each other motivated and know they are not in it alone.

5 Identifying what makes them crave a cigarette

- Quitters can help to strengthen their willpower by limiting or skipping triggers they commonly associate with smoking. There is advice on the NICORETTE® website about learning how to identify triggers and get tips for conquering cravings.

6 Keeping busy

- Cravings happen because your body misses its regular hits of nicotine. There are 2 types of craving. The steady and constant background craving for a cigarette decreases in intensity over several weeks after quitting. Sudden bursts of an intense desire or urge to smoke are often triggered by a cue, such as having a few drinks, feeling very happy or sad, having an argument, feeling stressed, or even having a cup of coffee. Advise individuals to make a list of things to do in this time, such as going for a walk or calling a friend.

7 Working out the stress

- Physical activity is a great way of dealing with the stress of quitting. Walking, running, swimming, or taking up a new activity. Lung capacity can improve by as much as 10% nine months after individuals quit so they may be able to do more!

8 Leaning on loved ones

- Advise them to tell friends and family they're trying to quit. When they are struggling to keep it going, they can then lean on them for encouragement!

9 Thinking positive

- At times they may want to pack it all in and have another cigarette. When this happens, they must take a moment to think of all the positives that come with being smoke-free. They could have more energy, better sense of taste and smell, healthier looking skin, whiter teeth and many more health benefits.

Product information



Nicorette Invisi Patch. Presentation: Transdermal patches releasing a nominal of 25mg, 15mg or 10mg of nicotine per 16 hours. **Uses:** Nicorette Invisi patch relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=invisi+patch>

Nicorette QuickMist 1mg/spray mouthspray, Nicorette QuickMist Cool Berry 1mg/spray mouthspray & Nicorette QuickMist SmartTrack 1mg/spray mouthspray. Presentation: Each 0.07ml contains 1mg nicotine corresponding to 1 mg nicotine/spray dose. Excipients with known effect: ethanol, propylene glycol, butylated hydroxytoluene. **Uses:** Nicorette QuickMist and QuickMist SmartTrack relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about these products, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=nicorette+mouthspray>

Nicorette Inhalator. Presentation: Nicotine 15mg per cartridge. **Uses:** Nicorette Inhalator relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG UK. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://mhraproducts4853.blob.core.windows.net/docs/6a02b438e8083ff0652dbbc215d67d557e637c8c>

Nicorette Gum. Presentation: Chewing gum containing 2 or 4mg of nicotine. **Uses:** Nicorette Gum relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=Nicorette+Gum>

Nicorette Cools 2mg Lozenge, Nicorette Cools 4mg Lozenge, Nicorette Fruit 2mg Lozenge. Presentation: Each lozenge contains 2mg or 4mg of nicotine. **Uses:** Nicorette lozenges relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG, UK. Information about these products, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=Nicorette+lozenge>

Nicorette Microtab 2mg sublingual Tablet. Presentation: Sublingual tablet equivalent to 2mg of nicotine. **Uses:** Relief of nicotine withdrawal symptoms as an aid to smoking cessation. It is used to help smokers ready to stop smoking immediately and also smokers who need to cut down their cigarette use before stopping. It is also indicated in pregnant and lactating women. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://mhraproducts4853.blob.core.windows.net/docs/2859fe09dfa2cd6b154ad24198e401c577f3593d>

Nicorette Nasal Spray. Presentation: Nicotine 10 mg/ml. Each spray of 50µl delivers 0.5 mg nicotine. **Uses:** Indicated for the relief of nicotine withdrawal symptoms as an aid to smoking cessation. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG UK. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/6207>

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard

Adverse events should also be reported to McNeil Products Limited on 01344 864 042.