

Products and services to help you quit smoking

Evidence shows that support from a health professional combined with the use of Nicotine Replacement Therapy (NRT) or non-nicotine medication will give you the best changes of quitting smoking.

Withdrawal symptoms

Almost all smokers who quit smoking experience some form of nicotine withdrawal. Withdrawal symptoms are the way your body reacts when it stops receiving the nicotine found in tobacco.

Symptoms of withdrawal may include:

- cravings or urges to smoke
- headaches
- increased coughing
- feelings of irritability, depression or anxiety
- feelings of restlessness and/or difficulty concentrating
- changed sleep patterns
- temporary increased appetite
- gastrointestinal upsets, such as nausea, constipation or diarrhoea due to changes in intestinal mobility.

The use of NRT or prescribed medication can help to reduce these withdrawal symptoms.

Products to help you quit smoking

NRT—for example, patches and gum—and prescribed medications are the two main types of products commonly used by people who want to quit smoking.

Nicotine replacement therapy

NRT products are used to replace some of the nicotine that you would normally receive through smoking cigarettes. NRT does not contain the harmful chemicals found in tobacco smoke. NRT is used to reduce some of the symptoms of withdrawal such as cravings and anxiety, whilst you transition to being smoke-free. It is important to use NRT for at least eight weeks, even if you have stopped smoking.

The use of NRT increases your chances of quitting successfully and staying quit.

Your health professional and Quitline counsellors can explain how to use NRT products and help determine the best NRT product for you.

Non-nicotine medications

Varenicline and Bupropion Hcl are oral non-nicotine medications only available on prescription and your GP can help you decide if they are suitable for you. **These medications work differently, but both increase your chance of quitting successfully**, when compared to using no medication. It is very important to take the full course of medication even if you have stopped smoking.

Side-effects and cautions

It is important to remember that not all products are suitable for everyone—and it is extremely important that you read the enclosed Consumer Medicine Information (CMI) before using any medication.

Speak to your GP, pharmacist or Quitline (13 7848) if you are unsure how to use a product, experience any side-effects, are pregnant, have an illness, or are taking other medications.

For the best chances of quitting, NRT or non-nicotine medications should be used combination with support from Quitline or your health professional.

Services to help you quit

- **Quitline (13 7848)**

Quitline is available 7 days a week offering support, encouragement and resources to people who want to quit smoking.

If you're interested in quitting or would just like some information, call Quitline 13 7848.



- **Talk to your health professional**

Discuss quitting smoking with your general practitioner (GP), pharmacist or community health worker and plan your quit strategy together.




- **Cancer Council Queensland**

Call the Cancer Council Helpline on 13 11 20. The helpline is staffed by health professional with knowledge about cancer who can assist you with information, support and referrals to other services.



- **Other Resources**

- Visit **Quit HQ** for more information on quitting smoking at www.qld.gov.au/quithq
- Download the '**MyQuitBuddy**' app on your smartphone. For further information on visit www.quitnow.gov.au
- Download the '**Quit for You – Quit for Two**' app on your smartphone. For further information on visit www.quitnow.gov.au

Products to help you quit smoking: Nicotine Replacement Therapy (NRT)

Product	How it works	How to use the product
<p>Nicotine Patch</p> <p>☑ ◆</p> 	<ul style="list-style-type: none"> Patch slowly releases nicotine into your body through the skin over a number of hours. 	<ul style="list-style-type: none"> Apply patch to a clean, non-hairy, dry area of skin. Press patch onto skin and keep the pressure on for at least 30 seconds. Secure with medical tape if required. 21mg patch is best applied before bed and can be worn for a 24-hour period.
<p>Nicotine Gum</p> <p>☑ ◆</p> 	<ul style="list-style-type: none"> Nicotine is absorbed through the lining of the mouth. Gum, lozenges, mist and inhalator can be used in combination with patches. Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking). 	<ul style="list-style-type: none"> Use the following <i>Chew-park-chew</i> method. Slowly chew one piece of gum. When taste becomes strong, rest gum between gum and cheek. Repeat this process for 30 minutes or until taste fades. Use gum every 1-2 hours or as required. Do not eat or drink when gum is in your mouth.
<p>Nicotine Lozenges</p> <p>☑ ◆</p> 	<p>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</p>	<ul style="list-style-type: none"> Park one lozenge between gum and cheek. Occasionally move lozenge from one side of the mouth to the other for 30 minutes or until dissolved. Do not chew, suck or swallow lozenge. Use lozenge every 1-2 hours or as required. Do not eat or drink when lozenge is in your mouth.

Please note: this information is not intended to replace the Consumer Medicine Information (CMI), always read the CMI for full instructions on product use or consult your health professional.

Product	How it works	How to use the product
<p>Nicotine Inhalator (Inhaler)</p> <p>◆</p>		<ul style="list-style-type: none"> Nicotine is absorbed through the lining of the mouth. Gum, lozenges, mist and inhalator can be used in combination with patches. Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking).
<p>Nicotine Mouth Spray (Mist)</p> <p>◆</p>		<p>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</p> <ul style="list-style-type: none"> Assemble inhaler with new nicotine cartridge. Use shallow puffs every 4 seconds or 2 deep puffs every minute. Replace cartridge when menthol taste goes away. You can replace smoking by using 3-6 cartridges a day. Use a new cartridge every day. Avoid drinking coffee and soft drinks before using inhalator.

These products may be available through:

- ☑ **Quitline** – offers an intensive quit support program which combines specialised support with 12-weeks supply of NRT products. Access to this program is subject to eligibility. **Call Quitline on 13 7848 for more information.**
- ☑ **PBS** – this product is available at a lower cost on the *Pharmaceutical Benefits Scheme* (PBS). See your doctor (GP) to obtain a script.
- ☑ **CTG** – this product is available at low or no cost to Aboriginal and Torres Strait Islander peoples under the *Close the Gap* scheme.
- ◆ **Retail outlets** – this product is available at retail outlets such as pharmacies and supermarkets.

A range of videos on how to use NRT products are available at **Quit HQ** <http://www.qld.gov.au/quithq> (Quitting Methods).

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