



What I can do
to **stop**
smoking



The best way to stop is a combined approach

Effective stop-smoking products to reduce cravings.

You could use a nicotine patch together with an intermittent nicotine product (such as gum, lozenge, inhalator or spray) OR a prescription medication (e.g. Champix). Talk with your doctor about what's best for you. Nicotine patches are much cheaper if they are prescribed by a doctor.

PLUS

Coaching to help you manage your triggers to smoke.

Coaching options include:

- Quitline 13 7848
- your doctor, or
- online QuitCoach or phone messaging QuitTxt support - see www.quit.org.au

Talking with a Quit Specialist can increase your chance of stopping smoking successfully.

You can call Quitline on 13 7848.

Reasons for stopping smoking

Everyone is different. It helps to think about what you're looking forward to when you stop smoking.

Why do people stop smoking?

- Save money – more than \$700 a month if you smoke 20 cigarettes a day.
- Be healthier.
- Take control back from cigarettes.
- Exercise more easily.
- Be a role model to friends and children.
- Be free from the hassle of running out of cigarettes.
- Help their body to fight off infections.

My reasons:

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Know your triggers

Some of the most common reasons why people smoke:

- **Addiction:** to satisfy the craving for nicotine or a cigarette.
- **Habit:** feeling like smoking while doing things or taking a break – like watching TV or having a coffee.
- **Emotions:** feeling stressed, upset, angry, frustrated, bored or happy.
- **Pleasure:** to enjoy something even more or as a reward.
- **Social pressure:** feeling part of the crowd, bonding with other smokers.

These usually trigger cravings to smoke. Once you know your triggers you can work out strategies to help manage them.

When do you smoke?



Having coffee



With friends



After food



Watching TV



With alcohol



When you're angry, stressed or bored



Other times?



Other emotions?

Getting through cravings

Cravings are the urge or desire to smoke. Cravings to smoke usually weaken after a few minutes. It helps if you think about or do something else.

How do I reduce them?

- **Use stop-smoking products:** like nicotine replacement therapy products or prescription medications.
- **Change your environment:** find at least one smokefree area for yourself, or remove cigarettes and ashtrays from your room.
- **Try positive 'self-talk':** like reminding yourself of your main reasons to stop smoking.
- **Talk with someone:** about how you're feeling.

Sometimes cravings can happen long after withdrawal symptoms have gone. This is normal and doesn't mean you are failing at quitting.

Quit Specialists can help you work out your smoking triggers and strategies that will work for you.

**Quitline: 13 7848
www.quit.org.au/callback**

Make new routines that help

Smoking habit

Instead you could

First thing in the morning

Have a shower

After lunch/dinner

Go walking

With alcohol/coffee

Change to a different drink

With another smoker

Use gum or drink from a water bottle

Just before bed

Have a warm drink

Use the 4Ds



Delay going out for a smoke.



Deep breathe: slowly in and out.



Drink water: from a water bottle using your smoking hand.



Do something else: take your mind off smoking by taking action – put on some music, go for a walk or call someone you can talk to.

What might work for you?



Call Quitline

If you are finding stopping smoking hard, or you are a heavy smoker, you're not alone!

Talking with a Quit Specialist can increase your chance of stopping smoking successfully.

What is Quitline?

Quitline is a friendly telephone service. We care and we don't judge. You don't have to be ready to quit to call. We'll work with you no matter where you're at with your smoking. Your call is confidential. This means you don't have to give your name if you don't want to. Our Quit Specialists are trained experts and understand that stopping smoking is challenging. We know that most people will try a number of times before they stop smoking for good.

How do I call Quitline?

Call 13 7848 for the cost of a local call (except for mobile phones).

OR

You can arrange for Quitline to call you for free.

Text us on 13 7848 and we'll call you back.

Or simply enter your name and phone number at www.quit.org.au/callback

Or you, a worker or doctor can fill out a referral at www.quit.org.au/referral and send it off by fax or online.

What happens on the phone?

A typical first call to Quitline takes around 10 to 20 minutes. It covers:

- how long you've been smoking
- why you want to stop
- understanding why you smoke
- managing stress
- advice on ways to stop smoking and how to use products.

A Quit Specialist will work with you to figure out how they can help you on future calls.

If you would like, Quitline can call you back to provide further help, up to six calls over a period of about a month.

Aboriginal Quit Specialists are available.

Quitline also uses interpreter services for people from non-English speaking backgrounds.

Products to help stop smoking

Dealing with cravings and withdrawal is easier by using:

- nicotine replacement therapy products like patches, lozenges, gum, inhalator
- or
- prescription medications: Champix (varenicline) and Zyban (bupropion).

These products are safe and can be used by people with mental health conditions, after consulting with their doctor.

Nicotine replacement therapy products are sold at pharmacies, supermarkets and other stores. You don't need a script, but nicotine patches are much cheaper if you have a prescription from your doctor.

How do they work?

Nicotine replacement therapy products replace some of the nicotine you usually get from cigarettes. This helps reduce cravings.

They work best with people who show any signs of nicotine addiction, like:

- you smoke your first cigarette within 30 minutes of waking up
- you're smoking over 10 cigarettes a day
- you have cravings and withdrawal symptoms when you try to quit.



Champix (varenicline) and Zyban (bupropion) will reduce cravings.

These medications must be discussed with your doctor as they are not suitable for everyone. A doctor can advise you on how they work and whether they're suitable for you.

Did you know: the cost of patches is about \$6 with a concession card and a script from your doctor?

What can I get at low cost?

Patches

You can get the patches from most pharmacies or supermarkets. You can also get discounted patches on the Pharmaceutical Benefits Scheme (PBS). To get PBS patches you need to get a prescription from your doctor, which you take to your pharmacist. Patches are available on the PBS as a 12-week supply, once a year. PBS patches come in 16-hour or 24-hour patches, and you can get different strengths.

Other patches are available on the Repatriation PBS. Aboriginal and Torres Strait Islander people with the Closing the Gap Co-payment can access the following at no cost with concession:

- nicotine 25 mg/16 hours patch
- nicotine 21 mg/24 hours patch.

How they work

Apply the patch to clean, unbroken, dry and hairless skin of the thigh, arm or chest. Nicotine is absorbed through your skin and enters your bloodstream.

Champix (varenicline)

Works on the reward centre in your brain where it reduces the symptoms of withdrawal. It also blocks nicotine in your brain, reducing the rewarding effects of smoking.

Zyban (bupropion)

Nicotine-free tablets work on the chemicals in your brain by helping to reduce the symptoms of nicotine withdrawal and the cravings for cigarettes.

What's at pharmacies or stores?

Nicotine gum

This is not like ordinary gum. You chew it slowly until there is a peppery taste, and then place it between your cheek and gum. You leave it there until you can't taste it and then you chew it again. You absorb the nicotine through the lining of your mouth.

Lozenges

These dissolve quickly and nicotine is absorbed through the lining of your mouth.

Mouth spray

Relieves cravings faster than other nicotine replacement therapy products. Aim and spray onto the inside of your cheek or under your tongue – avoid spraying your throat and lips. Use the spray when you would normally smoke a cigarette.

Inhalator

Releases nicotine into the mouth when you inhale through it. You absorb the nicotine through the lining of your mouth.

Patches

Other strengths and brands are available.

Remember

- The best chance to stop smoking = coaching (e.g. Quitline, your doctor) + nicotine replacement therapy products (e.g. patches, lozenge, gum, mouth spray) or prescription medication (e.g. Champix).
- All the products for stopping smoking are safer than smoking.
- Take them for the full time that it says on the product packaging.
- Some therapies can be used together e.g. patches and lozenges.



If you smoke 10 or more cigarettes per day you are more likely to stop smoking if you use the patch plus another nicotine replacement therapy product at the same time (e.g. lozenge, gum). Talk to your doctor or pharmacist about it.

Want to know more?

Talk with your doctor about:

- products available
- side effects
- other medications: how stopping smoking may affect them.

Get help to stop smoking

How to get low-cost products and support to help you stop smoking.

- 1** Talk to your doctor about what product could work best for you. Get a script.
- 2** Take your script to a pharmacy so you can get your product at a low cost.
- 3** Call Quitline **13 7848** or let us know if we can call you back:
www.quit.org.au/callback

**“... if you start saying,
‘I can do this’, you will.”**

*Matt says he hasn't smoked for seven years,
and used to smoke 30 a day.*

**“If I could do it,
anyone can do it.”**

*Cheryl says she smoked for over 40 years,
and is now a proud and happy non-smoker.*

Check out more stories at
www.quit.org.au/stories

Learn from others:
www.facebook.com/quitvic

Tools to help with stopping smoking:
www.quit.org.au

Quitline 13 7848

