



**You Can Do It!**  
**Commit to quit smoking.**



# Taking medicines that help you quit

**Ask your healthcare professional whether you should consider a treatment to help you quit smoking.**

Some things or some places may make you want to smoke. You will find it easier to stop if you have a quit plan. Some medicines may be helpful. You can ask for help from your healthcare professional, a counselor, or a support group.

There are medicines in pill form that decrease your desire to smoke, and there are nicotine replacement products.

## Pills to reduce your desire to smoke

- Pills can help with withdrawal
- Some pills can block the effects of nicotine
- Tell your healthcare professional about any other medications you are taking and all medical conditions you have
- The medicine should be started about a week before you quit smoking

## Nicotine replacement products

- These products provide nicotine to your body to reduce your withdrawal symptoms
- Start taking a nicotine replacement product on your quit date

Nicotine Replacement Product		Prescription	
		Yes	No
<b>Nicotine gum</b>	<ul style="list-style-type: none"><li>• The gum releases nicotine in your mouth</li><li>• The nicotine takes several minutes to reach your blood vessels</li></ul>		✓
<b>Nicotine nasal spray</b>	<ul style="list-style-type: none"><li>• Nicotine gets into your bloodstream quickly through your nose</li></ul>	✓	
<b>Nicotine inhaler</b>	<ul style="list-style-type: none"><li>• The inhaler is a small device that you hold like a cigarette</li><li>• Nicotine goes into your mouth when you inhale</li></ul>	✓	
<b>Nicotine patch</b>	<ul style="list-style-type: none"><li>• The patch is placed on your skin</li><li>• Nicotine is released slowly and evenly through your skin into your bloodstream</li></ul>	✓	✓
<b>Nicotine lozenges</b>	<ul style="list-style-type: none"><li>• They come in the form of a hard candy</li><li>• The candy dissolves in your mouth and releases nicotine</li></ul>		✓

# Reasons for you to quit!

If you need reasons to quit...consider these!

Quitting Smoking May:	Quitting Smoking May Reduce Your Risks for Diseases, Such as:
<ul style="list-style-type: none"><li>• Stop more damage to your lungs</li><li>• Help you breathe easier</li><li>• Give you more energy</li><li>• Help make your home cleaner and healthier</li><li>• Save you money</li></ul>	<ul style="list-style-type: none"><li>• Chronic obstructive pulmonary disease<ul style="list-style-type: none"><li>• A lung disease that includes both chronic bronchitis and emphysema</li></ul></li><li>• Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas)</li><li>• Stroke</li><li>• Coronary heart disease, heart attack, chest pain</li></ul>

## Stopping smoking makes a difference

### Why should you stop smoking?

Here's why. Your body starts to change for the better within 20 minutes...

Time After Quitting	
<b>20 minutes</b>	<ul style="list-style-type: none"><li>• Your heart rate drops</li></ul>
<b>12 hours</b>	<ul style="list-style-type: none"><li>• Carbon monoxide (car-bun mun-ox-ide) levels in your blood drop to normal</li></ul>
<b>2 weeks to 3 months</b>	<ul style="list-style-type: none"><li>• Your heart attack risk begins to drop</li><li>• Your lung function begins to improve</li></ul>
<b>1 to 9 months</b>	<ul style="list-style-type: none"><li>• You have less coughing and shortness of breath</li></ul>
<b>1 year</b>	<ul style="list-style-type: none"><li>• You have half the added risk of coronary heart disease as a smoker</li></ul>
<b>5 to 15 years</b>	<ul style="list-style-type: none"><li>• Your stroke risk goes down to that of a nonsmoker</li></ul>
<b>10 years</b>	<ul style="list-style-type: none"><li>• Your lung cancer death rate is about half the rate of a smoker</li><li>• You have less risk of many kinds of cancers (mouth, throat, esophagus, bladder, kidney, and pancreas)</li></ul>
<b>15 years</b>	<ul style="list-style-type: none"><li>• Your risk of coronary heart disease is now the same as a nonsmoker's</li></ul>

## Prepare to quit

### Get ready!

- Talk to your healthcare professional about how to quit
- Set a date for quitting. Choose a date that is within the next 2 weeks and make a strong commitment to quit on that day
- Tell your family, friends, and coworkers that you are quitting
- Get rid of any tobacco products from your home, work, or car (for example, any lighters, ashtrays, matches, and cigarettes)
- Make a list of things that may trigger your smoking. These things might include being around other smokers, drinking coffee, drinking alcohol, taking a break from work, or feeling stressed. Make a plan for how you will deal with these triggers

## What if I slip up?

### If you 'slip up' and smoke, don't give up. Here are some ways to try again:

- Don't be too hard on yourself, but don't be too easy either. It is important to get back on track
- Find the trigger that led you to smoke. Decide how you will deal with the trigger the next time it comes up
- Stay positive. Learn from your experience of not smoking, and remember what has kept you on track
- If you are taking a medicine to help you quit, talk to your healthcare professional before deciding to stop taking your medication

## Questions to ask your healthcare professional

### As you prepare to quit, you may have lots of questions. Here are some questions you might want to ask your healthcare professional:

- Will I feel better right away? Or worse?
- What antismoking medical treatments are available to help stay on track?
- Are there local support groups that help people trying to quit?
- What should I do if my friends and family smoke around me?

# Coping with withdrawal

## Be ready to deal with withdrawal symptoms.

The chart below shows some of the symptoms and what you can do.

Withdrawal Symptoms	Ways to Cope
<b>Nervous or on edge</b>	<ul style="list-style-type: none"><li>• Take deep breaths</li><li>• Soak in a hot tub</li></ul>
<b>Fatigue</b>	<ul style="list-style-type: none"><li>• Take a nap</li><li>• Get a good night's sleep</li></ul>
<b>Insomnia</b>	<ul style="list-style-type: none"><li>• Avoid caffeinated drinks after 12 PM</li><li>• Read a book before bedtime</li></ul>
<b>Increased desire to eat*</b>	<ul style="list-style-type: none"><li>• Drink water and liquids low in calories</li><li>• Eat vegetables and other healthy foods</li><li>• Chew gum</li></ul>
<b>Trouble staying focused</b>	<ul style="list-style-type: none"><li>• Take a walk to relax</li><li>• Try not to do anything too demanding during the first few days</li></ul>
<b>Tobacco cravings</b>	<ul style="list-style-type: none"><li>• Take your mind off the craving with a hobby or other interest</li><li>• Breathe deeply</li><li>• Remember that the craving will pass</li></ul>
<b>Constipation or upset stomach</b>	<ul style="list-style-type: none"><li>• Add fruit, cereals, and grains to your diet</li><li>• Increase fluids in your diet*</li><li>• See a dietitian if you need more help</li></ul>

\*Talk to your healthcare professional about any diet, fluid, or activity restrictions you may have.

## Internet links for support

**Smokefree.gov: an online guide to help you quit**  
**Created by The National Cancer Institute and**  
**Centers for Disease Control and Prevention**

[www.smokefree.gov/quit-guide.aspx](http://www.smokefree.gov/quit-guide.aspx)

Telephone: 1-800-QUITNOW (1-800-784-8669)

**US Department of Health and Human Services**

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

Telephone: 1-877-696-6775

**National Heart, Lung, and Blood Institute**

[www.nhlbi.nih.gov/health/public](http://www.nhlbi.nih.gov/health/public)

Telephone: 1-301-592-8573

**National Cancer Institute—Smoking cessation fact sheet**

[www.cancer.gov/cancertopics/factsheet/tobacco/cessation](http://www.cancer.gov/cancertopics/factsheet/tobacco/cessation)

Telephone: 1-800-4-CANCER (1-800-422-6237)

**Centers for Disease Control and Prevention, including**  
**Tobacco Information and Prevention Source (TIPS)**

[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)

Telephone: 1-800-CDC-INFO (1-800-232-4636)

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Telephone: 1-800-ACS-2345 (1-800-227-2345)

**Global Initiative for Chronic Obstructive Lung Disease.**  
**GOLD Patient Guide: What You Can Do About a Lung**  
**Disease Called COPD**

[www.goldcopd.org](http://www.goldcopd.org)

**COPD Foundation**

[www.copdfoundation.org](http://www.copdfoundation.org)

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