



**A GUIDE FOR YOUR QUIT JOURNEY**

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## Congratulations on your decision to quit... again!

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If you're like a lot of people, you've tried quitting before. Whether you were smoke or vape-free for a year or a day, every try brings you one step closer to quitting for good!

This booklet has tips, tricks, and facts to guide you through your quit journey. Quitting is hard, but you don't have to do it alone. The more support you get, the better your chances of success.

If you do have a slip, keep that chin up! Learn from your mistakes, find out what works best for you, and most of all... Don't Quit Quitting.



# WHY QUIT?

## A Timeline to Better Health



### 20 MINUTES

#### Great Start

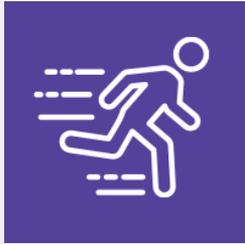
20 minutes after quitting, blood pressure improves, and pulse rate returns to normal.



### 72 HOURS

#### Getting Easier

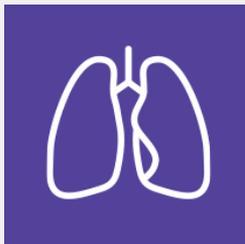
After 72 hours, breathing gets easier, and cravings start to decrease.



### 2 WEEKS

#### Feeling Better

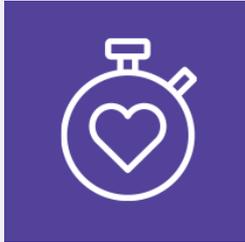
Within a few weeks, energy increases, and circulation improves!



### 3 MONTHS

#### Staying Strong

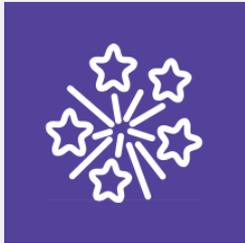
Within months, lungs start to clear, and coughing and wheezing disappear.



### 1 YEAR

#### Happy Heart

After 1 year of not smoking, risk of heart attack decreases by 50%.



### 5 YEARS

#### Mega Milestone

After 5 years smoke-free, risk of stroke is reduced by 50 %.



### 10 YEARS

#### Congratulations!

After 10 years, risk of serious health conditions is the same as if you never smoked.

Quitting smoking or vaping can increase your life expectancy up to 10 years and make it easier to enjoy life!



## QUICK FACTS

### About Nicotine Replacement Therapy (NRT)

It's normal to have cravings and withdrawal symptoms when you quit.

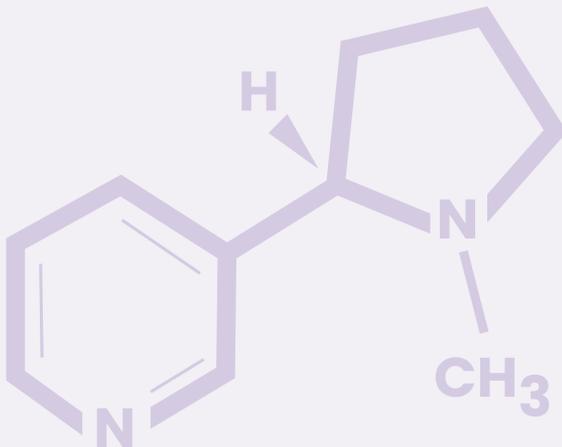
When used properly, NRT can help reduce these symptoms to double your chance of quitting successfully!

### WHAT IS NICOTINE?

Nicotine is the addictive chemical in cigarettes but it is not the cause of illness or disease that comes from smoking.

### WHAT IS NRT?

NRT is a safe way to get nicotine without all the other harmful chemicals found in cigarettes.





## Quick Facts About Nicotine Replacement Therapy (NRT) cont'd

### DOES NRT WORK?

NRT has been approved by Health Canada and can help you quit by reducing withdrawal symptoms.

By using NRT with other stop smoking medications and counseling, you can significantly increase your chances of quitting for good.

### WHAT TYPES OF NRT ARE THERE?

There is long-acting and short-acting NRT, which can be used together to help manage cravings.

### HOW CAN NRT HELP ME QUIT IF NICOTINE IS ADDICTIVE?

By using NRT, you can slowly reduce the amount of nicotine in your body. Even if you use NRT for a long time, it is still a much safer way to get nicotine than smoking.



# THE 2 TYPES OF NRT

There are different kinds of NRT so you have options to choose the ones that work best for you.

If used incorrectly, NRT may not seem to work. It could also cause increased side effects. Instructions for use may change a little for different brands, so read the package carefully and talk to a pharmacist or health care provider if you have any questions or issues.

## LONG-ACTING NRT

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Long-acting NRT makes you more comfortable while you quit by providing a slow, steady delivery of nicotine.

Long-acting NRT can be used with short-acting NRT to help manage cravings.

### PATCH



- Put patch on a clean, dry, hair-free area
- Replace patch every 24 hours in a new location
- Full effect of nicotine is felt within 1 to 2 hours
- If you experience trouble sleeping, remove patch about one hour before bedtime.



*Make sure to read all packaging for instructions and potential side effects.*

# SHORT-ACTING NRT

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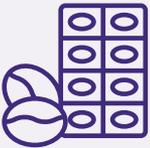
Short-acting NRT delivers a quick dose of nicotine to help get through cravings and withdrawal symptoms without smoking.

For best results, avoid eating and drinking 15 minutes before and after use with all short-acting NRTs.



## INHALER

- Puff into mouth for a few seconds (not your lungs)



## LOZENGE

- Suck lozenge until there is a strong taste
- Rest in cheek for 1 minute or until taste has faded, then repeat
- Do not chew



## GUM

- Chew slowly a few times, then park in cheek
- Let it sit for 1 minute and repeat
- Use for up to 30 minutes or until craving passes



## MOUTH SPRAY

- Prime canister by pointing nozzle away from you, press top until a mist appears
- Hold close to mouth and avoid spraying lips
- Do not inhale



*Make sure to read all packaging for instructions and potential side effects.*

# QUICK FACTS ABOUT QUIT-SMOKING MEDICATIONS

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There are prescription medications that have been approved by Health Canada that can help you quit smoking. These medications work best if you take them as prescribed and get extra support along the way.

Varenicline & Bupropion are two medications covered by the Ontario Drug Benefit (ODB) program for individuals who qualify.





## VARENICLINE

Taking varenicline with other quit-smoking supports can almost triple your chances of quitting smoking!

Varenicline blocks the effect of nicotine on the brain so smoking becomes less enjoyable. It is the most effective medication for quitting smoking.

Common brand names for Varenicline are Champix and Chantix.



## BUPROPION

Using bupropion can double your chances of quitting smoking!

Bupropion reduces cravings and withdrawal symptoms. It is another effective option for quitting smoking if varenicline isn't right for you. It can also help if you are depressed or have signs of depression.

Common brand names for Bupropion are Zyban and Wellbutrin.



*Ask your health care provider or a pharmacist to learn if these medications are right for you.*

# HEALTHY WAYS TO DEAL WITH CRAVINGS

## BE PREPARED FOR SNACK ATTACKS

Healthy snacks give you energy, prevent overeating and reduce cravings. Prep snacks like fruits, vegetables, and sunflower seeds and keep them on hand for the day.



## BE ACTIVE EVERY DAY

Regular exercise helps to improve overall physical and mental health. It can distract you from cravings, lower stress, and improve energy and sleep.

## CUT BACK ON CAFFEINE

Caffeinated drinks can trigger cravings. Nicotine decreases the effects of caffeine, so when you quit, a coffee will hit you harder than usual. Drink less caffeine, drink more water, and get yourself a good night's sleep!



## A SLIP ISN'T A FALL

If you smoke or vape after quitting, don't get discouraged. Each quit attempt teaches you to better prepare for the next one. Learn from mistakes and don't quit quitting!

# THE 4 D's



## DISTRACT YOURSELF

Instead of focusing on your cravings, find activities you enjoy. Walking, journaling or another hobby will help distract you from thinking about smoking or vaping.

## DELAY

Most cravings only last a few minutes. If you delay having a smoke or vape, they will go away on their own. For more intense cravings, consider short-acting NRT such as the gum, lozenge, inhaler or mouth spray.



## DRINK WATER

Drink water to help with cravings, control your appetite, flush chemicals from your body, and to keep your mouth and hands busy.

## DEEP BREATHE

Help your body and mind relax by taking slow, deep, calming breaths. Take a break, breathe, and feel the stress (and cravings) fade away.



## SMOKING AND VAPING DO NOT REDUCE STRESS!

*It may make you feel better for a short time by making your craving go away, but smoking and vaping actually increase feelings of stress, anxiety and depression.*

*To tackle stress, try some of the tips above.*

# READY TO QUIT?

## Quit Tips



### MAKE A LIST

Write down all the reasons you want to quit.



### UNDERSTAND WHY

Think about when, where, and with whom you smoke or vape.



### MAKE A PLAN

Choose to do other things. Change your routine and avoid situations that make you want to smoke or vape.



### GET SUPPORT

Build a network of support. Tell friends, family, and coworkers that you're quitting and let them know how to help.



### CHANGE YOUR ENVIRONMENT

Make your home and car smoke and vape-free. Get rid of cigarettes, lighters, vapes, pods, etc.





## LEARN FROM PAST QUIT ATTEMPTS

What worked, what didn't, and what will you do differently?



## SET A QUIT DATE

Pick a date within the next 30 days, mark it on the calendar and stick to it.



## MOTIVATE YOURSELF

Quitting is hard.

Positive thoughts and rewards will help!

## DON'T QUIT QUITTING

*If at first you don't succeed, **TRY AGAIN!***

*Every attempt gets you one step closer to quitting for good.*



# MY QUIT PLAN

QUIT DATE \_\_\_\_\_

WHY DO I WANT TO QUIT? \_\_\_\_\_

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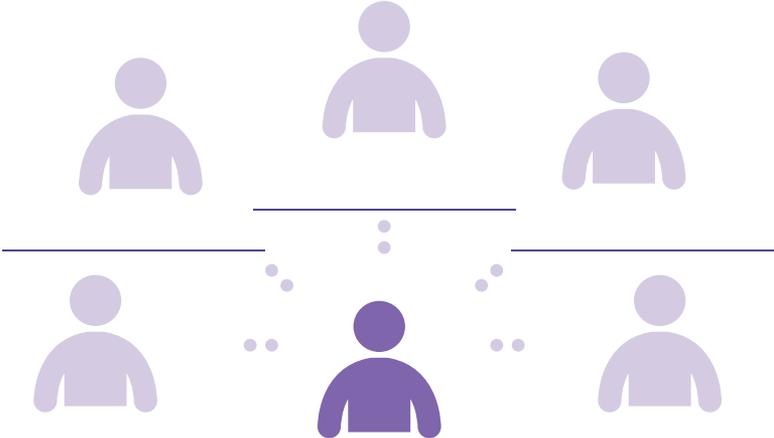
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## My Plan Includes:

- Reducing to quit
- Nicotine replacement therapy (NRT)
- A quit counsellor
- Quitting with a friend
- Starting a new hobby
- Rewarding my successes

## My Support Network:



# HOW WILL I MANAGE MY TRIGGERS?

Triggers are people, places, feelings and situations that make you want to smoke.

MY TRIGGERS:	MY PLAN INCLUDES:
<p>Example - Boredom</p>	<p>Go for a walk</p>

## WHEN I QUIT I WILL SAVE:

\$ \_\_\_\_\_ /day \$ \_\_\_\_\_ /month \$ \_\_\_\_\_ /year

Learn how much you'll save with the quit calculator at

[DontQuitQuitting.ca](http://DontQuitQuitting.ca)





# ADDITIONAL SUPPORTS

## SMOKERS' HELPLINE

Free online or text support  
smokershelpline.ca  
Text iQuit to 123456

## HEALTH811

Dial 811 for free phone support  
Toll free TTY line: 1-866-797-0007

## TALK TOBACCO

Indigenous quit smoking and vaping support  
Live Chat: smokershelpline.ca/talktobacco  
1-833-998-TALK (8255)  
Text CHANGE to 123456

## OTTAWA MODEL FOR SMOKING CESSATION COMMUNITY PROGRAM

1-888-645-5405  
6 weeks of free NRT, if eligible

## STOP ON THE NET

10 weeks of free NRT, if eligible  
stoponthenet.com



DontQuitQuitting.ca

Produced in partnership by Ontario's Public Health Units.