



Smoking Cessation Guide



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Before Your Quit Date

Readiness to Quit

So you're thinking about quitting, that's wonderful news! Did you know that you may be more addicted to nicotine than you think? Take this short questionnaire to determine how nicotine dependent you are. The higher the score, the more likely you are to need Nicotine Replacement Therapy (NRT) to aid you in the quitting process.

A score of 7 or more is considered high dependence.

Question	Point Values for Responses	
How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	3
	5-30 minutes	2
	31-60 minutes	1
Do you find it difficult not to smoke in places where you shouldn't, such as a movie theater?	Yes	1
	No	0
Which cigarette would you hate to give up?	First in the morning	1
	Other	0
How many cigarettes do you smoke in a day?	31 or more	3
	21-30	2
	11-20	1
	10 or fewer	0
Do you smoke in the morning?	Yes	1
	No	0
Do you still smoke if you are so sick that you are in bed?	Yes	1
	No	0

Your Score: _____

The next page contains information on the available FDA-approved NRTs and medications that can aid you in the quitting process. Please talk to your healthcare provider about starting NRT or medication as soon as possible and to see if it is right for you.

First-Line Therapies for Smoking Cessation

Drug	Advantages	Disadvantages		Contraindications	Dosing
OTC					
Nicotine gum	<ul style="list-style-type: none"> • Delays weight gain (4 mg strength) • Faster onset of nicotine delivery 	<ul style="list-style-type: none"> • Should not be used in patients with dentures or temporomandibular joint disorders • May cause dyspepsia, mouth irritation, or jaw ache • Patients may misuse like regular gum 		Disease-related concerns in patients with acute cardiovascular conditions	<ul style="list-style-type: none"> • 2 or 4 mg (4 mg for those who smoke 20 or more cigarettes per day) • Do not exceed 24 pieces/day • "Chew and park" until taste disappears (about 30 min)
Nicotine lozenge	<ul style="list-style-type: none"> • Delays weight gain (4 mg strength) • Faster onset of nicotine delivery 	<ul style="list-style-type: none"> • May cause sore mouth, throat irritation, or coughing • Chewing may cause nausea or headache 		Disease-related concerns in patients with acute cardiovascular conditions	<ul style="list-style-type: none"> • 2 to 4 mg (4 mg for patients who smoke their first cigarette within 30 min of waking) • Do not exceed 20 lozenges per day • Let the lozenge dissolve in mouth (takes 10 to 20 min); do not chew
Nicotine patch	Provides consistent nicotine to prevent withdrawal symptoms	<ul style="list-style-type: none"> • Local skin reactions • Insomnia and vivid dreams (can remove the patch one to two hours) 		Skin problems	<ul style="list-style-type: none"> • Patients should be started on 21 mg patch and behavioral counseling if they smoke more than 10 cigarettes per day • Worn for 24 hours • Patch does not need to be removed for sports • Do not cut the patch • Remove the patch before any MRI procedures
Prescription					
Nicotine inhaler	Hand-to-mouth action mimics smoking	<ul style="list-style-type: none"> • May cause local irritation of mouth and throat • Short duration of benefit 		<ul style="list-style-type: none"> • Caution in patients with severe reactive airway disease 	<ul style="list-style-type: none"> • Each cartridge lasts about 20 min with frequent puffing • 16 cartridges can be used in a day; each cartridge contains 4 mg of nicotine over 80 inhalations
Nicotine nasal spray	Fastest nicotine replacement therapy delivery system	<ul style="list-style-type: none"> • Rapidly relieves withdrawal symptoms • Highest risk for dependence • May cause taste or smell disturbances 		<ul style="list-style-type: none"> • Caution in patients with severe reactive airway disease • Not recommended in patients with nasal disorders • Nasal irritation 	<ul style="list-style-type: none"> • 1 to 2 doses/h (1 dose = 1 spray in each nostril) • Do not exceed 10 sprays per hour or 80 sprays per day (40 doses)
Sustained-released bupropion	<ul style="list-style-type: none"> • Consider for patients with depression • Delays weight gain 	Insomnia (second dose should be taken by 3 p.m.)		<ul style="list-style-type: none"> • History of seizure (lowers seizure threshold) • History of eating disorders 	150 mg once daily for 3 days, then 150 mg twice daily (take 8 hours apart)
Varenicline	Highest cessation rates for single therapy	<ul style="list-style-type: none"> • Most expensive • Concerns in patients with cardiovascular or mental health conditions • Vivid dreams 		Recently removed in those with history of neuropsychiatric events	<ul style="list-style-type: none"> • Days 1 to 3: 0.5 mg once daily • Days 4 to 7: 0.5 mg twice daily • Day 8 to week 12: 1 mg twice daily

Now what?

- Talk to your healthcare provider about which NRT is right for you or call the Ohio Tobacco Quit Line at **1.800.QUIT.NOW** (1.800.784.8669). The Ohio Tobacco Quit Line offers FREE nicotine patches, gum or lozenges for up to two weeks or more depending on eligibility. Telephone and online support is also available.
- Summa Health offers online or hybrid online/in person smoking cessation courses. Please visit summahealth.org/quitsmokingnow, email smokingcessation@summahealth.org or call **234.475.QUIT** (234.475.7848) to register for classes or for more information. Research shows that combining coaching and NRT gives tobacco users the best chance of quitting.
- Refer to this booklet for useful tips and information regarding quitting and staying quit.

How Ready Are You to Quit?

This tool can help you understand how important quitting is to you and how confident you are about succeeding. Be sure to share this with your doctor. The way you think and feel about your quit can have an impact on your success. For each question below, circle a number that corresponds to how you feel about quitting.

How important to you is it to quit?

0	1	2	3	4	5	6	7	8	9	10
not at all important			somewhat important			very important			extremely important	

How confident are you that you can quit?

0	1	2	3	4	5	6	7	8	9	10
not at all confident			somewhat confident			very confident			extremely confident	

How to Think About These Numbers

First, there are no wrong answers. But whichever number you chose, ask yourself: why didn't I choose a lower number? For example, if you chose a 5 for how confident you feel about quitting, how come you didn't choose a 4?

Write down the reason(s) below. You may realize you're more confident about quitting than you thought. And that may help you feel even more ready to quit.

I chose a _____ on the importance scale.

It wasn't a lower number because:

I chose a _____ on the confidence scale.

It wasn't a lower number because:

Reasons to Quit

Your Reasons to Quit

There are many reasons to quit smoking. Which ones are most important to you? Look at the list below, check off the reasons that apply to you, and add any extras you can think of.

Keep your list handy and use it as motivation to stick with your decision to quit.

- ☐ I'm ready for a change.
- ☐ Smoking is affecting my relationships.
- ☐ I want to improve my health.
- ☐ I want to save money by not buying cigarettes.
- ☐ I'm planning on having a baby.
- ☐ I feel like I'm looked down upon as a smoker.
- ☐ I spend too much time alone smoking.
- ☐ It's becoming harder to find places to smoke.
- ☐ Almost everywhere I go smoking is not allowed.
- ☐ I don't want to expose my family and friends to secondhand smoke.

- ☐ _____
- ☐ _____
- ☐ _____

Stay Inspired!

One of your reasons to quit could be someone in your family. It could be an activity, or a vacation you want to take. Whatever it is, create a quick visual reminder by taping a photograph below. Take this card with you. Put it in your car, up on your fridge, or prop it up at work.

I want to quit for:



Your 24-Hour Smoking Log

Many smokers light up during specific times of the day, while in particular situations, or when they feel a certain way. Taking one day to identify these moments may help you avoid them when you're ready to quit. Just cut out your Smoking Log and wrap it around a cigarette pack.



Why?

Be sure to log each cigarette you smoke. A Smoking Log can help you learn when, where and why you smoke. This can be a first step as you learn to trade your old smoking routines or new non-smoking ones.

Example:

My Smoking Log

When, where and why I smoked

During breakfast at home, with coffee

Driving in my car, to pass time

After lunch outside office, break from work

Smoking Log

Cut on Dotted Line.



My Smoking Log

When, where, and why I smoked

Risk Situations

Identify Your Smoking Risk Situations.

Smoking can become "automatic" for a lot of people. You may not even realize when and why you smoke. If you filled out your "Smoking Log (C)" you may have seen some patterns. Use what you wrote to check off your Smoking Risk Situations below. Use the blanks to fill in any others you can think of.



Why?

Part of preparing for your quit is knowing what these situations may be. That way you can be prepared with strategies to work around them.

Times of day

- ☐ Mealtimes, or just after a meal
- ☐ When I get home from work
- ☐ Watching TV or listening to the radio
- ☐ Talking on the phone
- ☐ Having a cup of coffee or tea
- ☐ When I first wake up
- ☐ _____
- ☐ _____
- ☐ _____

Identify Your Smoking Risk Situations

Social Situations

- ☐ Being with other smokers
- ☐ When someone offers me a cigarette
- ☐ Family stress
- ☐ Meeting a friend who smokes

☐ _____

Places

- ☐ At work
- ☐ At home
- ☐ Outdoors

☐ _____

Feelings

- ☐ Angry
- ☐ Bored
- ☐ Happy or relaxed



☐ _____

Quit Strategies





Being Prepared with Quit Strategies

A quit strategy is a concrete way to fight an urge to smoke. It can help you deal with specific situations. Having a quit strategy ready in advance may help you overcome risk situations. Take a look at the following common quit strategy for ideas.

Common Quit Strategies

Talk it out 	Calling someone or visiting a supportive friend may be just the distraction you need to keep you from thinking about smoking. Remember, there are quit hotlines that can help you through tough moments.
Do something active 	Exercise. Walk. Work in the garden. Keep your body moving. This may energize you and make you feel healthier. Please be sure to consult your healthcare provider before taking on a new physical activity.
Go somewhere you can't smoke 	Visit a nonsmoking friend's home, or go to the movies or a mall. Knowing that you're in a place where you can't smoke can take some of the pressure off of you.
Carry a water bottle 	Drinking lots of water will keep you hydrated. And it gives your mouth and hands something to do.

Being Prepared with Quit Strategies

Keep your hands busy 	<p>Try squeezing a stress ball. Or knitting. If you've got a computer, go online. There are lots of free online games to play. You can even try searching for yourself online and see what turns up!</p>
Leave the situation 	<p>Your urge to smoke may go away if what's causing it is no longer in front of you. Go for a walk and focus on something else. It can help you clear your head. If you're in a situation you can't quite leave, try taking a quick bathroom break. Give yourself 5 minutes to get past the urge to smoke.</p>
Switch up your routine 	<p>By switching up your routine, you're breaking links you've formed between smoking and certain activities. Try something new, like taking a different route on your way home from work.</p>
Take several deep breaths 	<p>Bringing your chin to your chest. As you exhale, close your eyes and imagine tension being gently expelled from your body. Go slowly and repeat 3 times. By the time you're done, the urge to smoke may be gone.</p>

My Personal Quit Strategies:

Cigarette-Free Zone

Create a Cigarette-Free Zone!

Go through every place you may have cigarettes and get rid of them. Look in your bags and the glove compartment of your car. Check coat pockets. And don't just throw the cigarettes in the trash. Destroy them! Tear them in half. Run water over them. Flush them down the toilet. Oh, and get rid of all the butts, too.

Make sure to get rid of all of your cigarettes; don't keep an emergency pack hidden anywhere, because that's planning for failure. And this quit is all about planning for success.

Take a look at the blueprint below, follow the suggestions on the reverse, and make a clean sweep of your home.



Create a Cigarette-Free Zone!

1

Laundry Room

Wash that smoke out of your clothes, towels and sheets. Try using a fabric sheet in the dryer to scent your clothes.

2

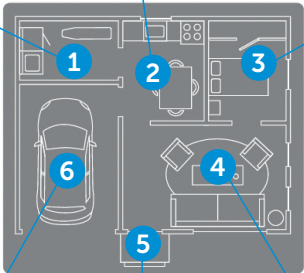
Kitchen

Do you smoke with your morning coffee or while reading the paper? Buy tea instead to try to break that link. Read the paper somewhere else. And if you smoke after meals, try getting up from the table and doing something else, like washing the dishes.

3

Bedroom

Go through all of your closets and check your pockets, handbags, briefcases, and suitcases for cigarettes, lighters and matches. Buy an air freshener to create a more pleasant atmosphere.



6

Garage

Cigarettes, lighters, empty packs — trash them. Vacuum the interior of your car. Wipe down surfaces. Really clean out that ashtray. Consider buying a car air freshener as well.

5

Patio

Do a clean sweep. Search for old cigarette butts on the ground and get rid of outdoor ashtrays.

4

Living Room

Vacuum. Use carpet freshener, too. Dump the ashtrays and replace them with a dish of sugar-free candy. Move your favorite smoking chair to help avoid old habits.

On Your Quit Date

24-Hour Action Plan

This card is designed to help you get through your Quit Date. Doing a little prep work can take some of the guesswork out of your day. And that should help boost your self-confidence. Remember, you have one goal for the day — to get through it without smoking.

Create Your Action Plan

Find the cards titled “Risk Situations (D)” and “Quit Strategies (E).” Now take a moment to think about today. What situations might you run into? Which quit strategies can help you get past them? Use both cards to create your plan on the reverse side.

Example:

Smoking Risk Situations	Your Strategies
Morning	
1. morning coffee	drink tea instead
2. drive to work	sing along to music in car
3.	
Afternoon	
1. lunch break	take a walk

Fill Out Your 24-Hour Action Plan and Keep It with You Today

Smoking Risk Situations	Your Strategies
Morning	
1. _____	_____
2. _____	_____
3. _____	_____
Afternoon	
1. _____	_____
2. _____	_____
3. _____	_____
Evening	
1. _____	_____
2. _____	_____
3. _____	_____
Night	
1. _____	_____
2. _____	_____
3. _____	_____

After Your Quit Date

Nicotine Withdrawal

Understanding Nicotine Withdrawal Symptoms

Some people feel nicotine withdrawal symptoms as they quit smoking. Some people feel none at all. Everyone is different. Here are a few common ones to be aware of:

- Depressed mood
- Feelings of frustration, impatience or anger
- Anxiety
- Irritability
- Urge to smoke
- Difficulty concentrating
- Restlessness
- Insomnia
- Increased appetite

Talk to your doctor if you have these symptoms.



Why?

Why talk about nicotine withdrawal symptoms if some people don't have them? For many people, nicotine withdrawal symptoms are a part of the quitting process. For those who have symptoms, knowing what to expect can help them be better prepared.

How to Think About Nicotine Withdrawal Symptoms

Remember, when you stop smoking, your body may go through a physical withdrawal from nicotine. Though nicotine withdrawal symptoms may be difficult, try to think of them as a sign that your body has rid itself of nicotine. Your body is working hard to cleanse itself.

Your body will thank you

Important changes are taking place in your body now that you've stopped smoking. Knowing all the good things that are happening in your body might help keep you on track.

For example, within:

24 hours

Blood pressure and pulse rate may drop

48 hours

The carbon monoxide level in your blood may return to normal



Urge Distractions Getting Past Urges

Consider this:





How long does an urge last?
An urge to smoke may often last only about 5 minutes. If you can get through 5 minutes after you feel the urge, the worst is probably over.



If you have an urge, try to find everyday objects to distract you. Here are some suggestions:

Ordinary Object How to Distract Yourself	
Your cell phone 	Update the numbers programmed into your cell phone. Or just call a friend for a quick 5-minute chat. Or why not play a quick game if you have one on your phone?
Your wallet 	Clean out your wallet. See if you have any receipts or business cards that you don't need anymore, or that you can keep in some other place.
Your sneakers 	A brisk walk or a little light exercise might help you stop thinking about smoking. Please be sure to consult your healthcare provider before taking on a new physical activity.

Urge Distractions

An orange and a glass of water 	<p>You might enjoy a glass of water if you squeeze a lemon, lime, or orange into it. There's something refreshing about that citrus taste. And it might make a cigarette less appealing.</p>
A letter 	<p>Write a good old-fashioned letter to somebody who's important to you. It can help keep you occupied until that urge is gone.</p>
Your desk 	<p>Take a look at your desk. Organize the drawers. Clean your desktop. Throw away pens that don't work. Cleaning up your clutter can be distracting and productive.</p>
A computer 	<p>If it's allowed where you work, play a computer game. Many computers have simple games like solitaire. Playing a hand or two could help get you past that immediate urge.</p>

Can you think of any other 5-minute distractions?
Write them down here:

Emergency Kit

Create an Emergency Kit

Make an Emergency Kit you can turn to if you have an urge to smoke. It can help you substitute healthier habits for cigarettes.

Here's how:

First, get a container that's at least big enough for a bottle of water. Maybe a plastic food container, quart size. Anything will do. You might even want to make more than one Emergency Kit. Flip this card over for a few ideas that might help distract you the next time you feel the urge to smoke.

In your
backpack
or purse:

That way you can
be prepared when
you're on the go.



Some Places to Store Your Emergency Kit

In your
refrigerator:

Then you'll have
something else
to reach for when
you're having an
urge at home.







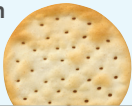
In your
briefcase
or a drawer
at work:

Instead of
taking a
smoke break,
use your kit.



Create an Emergency Kit

Some Things to Pack in Your Emergency Kit:

<div><div>A small water bottle that you can refill</div><div></div></div>	<div>We recommend that you drink 8 cups of water a day in the first few weeks after quitting.</div>
<div><div></div><div>A pack of sugarless gum</div></div>	<div>It can help keep your mouth active and breath fresh.</div>
<div><div></div><div>A picture of your inspiration for quitting</div></div>	<div>You could even just include somebody's name. Something to remind you why quitting smoking is important to you.</div>
<div><div></div><div>A small pack of toothpicks or coffee stirrers</div></div>	<div>Licorice or cinnamon sticks would work, too. You can find any of these at many grocery stores. They're just there to chew on, to keep your mouth occupied.</div>
<div><div></div><div>Some healthy snacks in a small bag</div></div>	<div>Carrot sticks, celery or crackers are good choices.</div>

Calculate Your Success Add Up Your Successes!

Remember, any time you get past an urge to smoke, count that as a success. That's something you can be really proud of. You can do this exercise at the end of your first week of not smoking. That way you can see how much money and time you could be saving by not buying and smoking cigarettes.

Calculate your money saved by not buying cigarettes this week.

Number of packs you would have smoked this week		Cost per pack		Amount of money saved this week
<div></div>	<div>x</div>	\$ <div></div>	<div>=</div>	\$ <div></div>

How will you use the money you save by not buying cigarettes:

Calculate Your Success

Calculate your time saved by not smoking cigarettes this week.

Number of cigarettes
you would have
smoked today

Number of
minutes saved
this week

_____ **X** 5 minutes* **X** 7 days **=** _____

*Based on the average time it takes to smoke a cigarette.

How will you use the time you save by not smoking cigarettes:

A Word About Weight Step Away from the Scales.

For many, weight gain is a common concern when quitting. But in this early stage of your quit, it's important to focus on the health benefits of quitting smoking, not your weight.

? Give Yourself a Break.

Try looking at the bigger picture. You're kicking one of the toughest addictions there is. You have to stay focused on that goal. Besides, not everyone gains weight. And many people eventually start to lose the weight they may have gained as they adjust to being a nonsmoker.

The skinny on weight gain.

According to the American Cancer Society (ACS), many smokers do gain some weight when they quit. But the weight gain is on average only 6-12 pounds. The U.S. Surgeon General believes that the health benefits of quitting smoking are far greater than any risks from the small weight gain. So stick to your quit. When you're feeling confident about being a nonsmoker, then you can deal with any weight gain you may have.

Focus on Ways to Stay Healthy.

Your goal right now is to quit smoking. So try not to start any strict diets at this time. Stressing about your weight can make it harder to quit.

For Now:

	Try to eat plenty of fruits and vegetables (blueberries are great. Plus they're full of antioxidants).
	Try to limit your fat intake (choose low-fat pretzel sticks).
	Be sure to drink plenty of water (8 cups of water a day is recommended).
	Get enough sleep (6-8 hours a day is recommended).
	Get regular physical activity (walking can help reduce stress, burn calories, and tone muscles). Please be sure to consult your healthcare provider before taking on a new physical activity.



