YOUR QUIT SMOKING PLAN
IT’S YOUR TIME TO QUIT

Quitting smoking is hard, but it is possible. Every year, thousands of people go smoke-free. You can do it too!

YOUR QUIT PLAN INCLUDES FIVE STEPS:

STEP 1 - Set Your Quit Date .......................................................... pg 4
STEP 2 - Choose a Quit Smoking Medication ............................ pg 6
STEP 3 - Choose Your Quit Smoking Follow-up Support ............ pg 14
STEP 4 - Prepare for Your Quit Date ........................................... pg 16
STEP 5 - Stay Quit ....................................................................... pg 18

This booklet will help you create your own personalized quit smoking plan. By completing each step, you will very significantly increase your chances of quitting successfully.

On page two, you can record your quit smoking plan.

Remember, quitting smoking is the single most important thing you can do for your health!

THE BENEFITS OF QUITTING ARE IMMEDIATE

- Within 8 hours of quitting: Carbon monoxide levels drop and oxygen levels go back to normal.
- Within 48 hours of quitting: The chances of having a heart attack start decreasing, and the senses of taste and smell start improving.
- Within 72 hours of quitting: Bronchial tubes relax, which makes breathing easier, and lung capacity increases.
- Within 2 weeks to 3 months of quitting: Blood circulation gets better, and lung function improves by as much as 30%.
- Within 6 months of quitting: Coughing, tiredness, sinus congestion and shortness of breath all improve.
- Within 1 year of quitting: The risk of heart attack due to smoking falls to half that of someone who still smokes.
- Within 10 years of quitting: The risk of dying from lung cancer falls to half that of someone who still smokes.
- Within 15 years of quitting: The risk of dying from a heart attack becomes the same as for someone who has never smoked.
YOUR QUIT PLAN

STEP 1: YOUR QUIT DATE (see page 4):

<table>
<thead>
<tr>
<th>Day</th>
<th>Month</th>
<th>Year</th>
</tr>
</thead>
</table>

STEP 2: YOUR QUIT SMOKING MEDICATION(S) (see pages 6-13):
- Nicotine Replacement Therapy (NRT)
  - [ ] Patch
  - [ ] Inhaler
  - [ ] Gum
  - [ ] Lozenge
  - [ ] Mouth spray
- Varenicline
- Bupropion

START DATE ___________________________________________________

* Remember, if you are taking varenicline, start the medication 8-35 days before your quit date. If taking bupropion, start the medication at least 7 days before your quit date.

STEP 3: YOUR FOLLOW-UP SUPPORT (see pages 14-15):
- [ ] Quit Smoking Automated Follow-up Program
- [ ] Follow-up Appointment with your Healthcare Provider (or at Clinic)
  - Date/Time: ________________________________
- [ ] Health Professional Support
- [ ] Smokers’ Quit Lines/Online Support
- [ ] Other Community Resources

YOUR PLAN FOR SUCCESS

It is important to identify, and to be prepared for, situations in which you may feel tempted to smoke.

Think about how smoking fits into your life and the times when you normally feel the urge to smoke throughout the day (for example, with your morning coffee, during breaks, after dinner, in the car, social occasions, etc.). Then, come up with a plan for how you will deal with these situations once you’ve quit. Use the table below to create your own personal Plan for Success.

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>YOUR PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example:</td>
<td>Take a walk</td>
</tr>
</tbody>
</table>

During breaks at work

Other Community Resources
STEP 1

SET YOUR QUIT DATE

Pick a quit date in the next 30 days.

Although there is no perfect day to quit, consider these suggestions before picking your date:

- Choose a date when your days will be relatively routine
- Consider choosing a Monday or a weekend
- Avoid selecting a date near a major deadline or when you are ill
- Avoid selecting a date near your birthday or another special event
- If you are a woman, avoid picking a date immediately before your menstrual cycle
STEP 2

CHOOSE A QUIT SMOKING MEDICATION

We recommend that all smokers take advantage of available quit smoking medications. These medications have been shown to double or triple the chances of being successful with quitting. There are three types of medications for you to choose from:

1. Nicotine Replacement Therapy (NRT)
   - Patch, Inhaler, Gum, Lozenge or Mouth spray

2. Varenicline (Champix®)
   - Pill

3. Bupropion (Zyban®)
   - Pill

Quit smoking medications are safe to use and will help manage cravings and other feelings of withdrawal while you get used to life as a non-smoker.

Option 1:

Nicotine Replacement Therapy (NRT)

NRT helps to reduce your withdrawal symptoms, like cravings to smoke, anxiety, irritability, headaches, and difficulty concentrating, that commonly occur when trying to quit smoking. NRT comes in the form of patch, inhaler, gum, lozenge or mouth spray. Each form can be used alone or often two or more forms of NRT are used together. The type, amount, and length of NRT treatment can be changed to meet your needs.

The advantages of using NRT instead of smoking:

- You will receive much less nicotine from NRT than if you were to continue smoking
- NRT does not expose your body to the 4000+ chemicals in cigarette smoke

Combination NRT

Many patients will benefit from using a combination of the patch and one of the available short-acting NRTs. See the following pages for more information on NRT options (patch, inhaler, gum, lozenge and mouth spray).
### NRT Patch

<table>
<thead>
<tr>
<th>Number of Cigarettes You Smoke Per Day</th>
<th>Recommended Treatment Plan</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| Less than 10                           | - Use one 7 mg nicotine patch daily for weeks 1 - 6  
- Consider combining with gum, lozenge, inhaler or mouth spray during weeks 1-6 or longer | - Apply the patch to a clean, dry, non-hairy area on the upper part of your body (arms, chest, back)  
- Replace the patch with a new one every 24 hours  
- Be sure to remove the old patch before putting on a new one |
| 10-19                                  | - Use one 14 mg nicotine patch daily for weeks 1 - 6, then  
- Use one 7 mg nicotine patch daily for weeks 7 - 10 or longer | |
| 20-29                                  | - Use one 21 mg nicotine patch daily for weeks 1 - 6, then  
- Use one 14 mg nicotine patch daily for weeks 7 & 8, then  
- Use one 7 mg nicotine patch daily for weeks 9 & 10 or longer | |
| 30-40                                  | - Use two nicotine patches (21 mg + 7 mg or 14 mg based on patient’s need) daily for weeks 1 - 6, then  
- Use one 21 mg nicotine patch daily for weeks 7-10, then  
- Use one 14 mg nicotine patch daily for weeks 11 & 12, then  
- Use one 7 mg nicotine patch daily for weeks 13 & 14 or longer | |
| More than 40                           | - Use two nicotine patches (21 mg + 21 mg) daily for weeks 1-6, then  
- Use two nicotine patches (21 mg + 14 mg) daily for weeks 7 & 8, then  
- Use two nicotine patches (21 mg + 7 mg) daily for weeks 9 & 10, then  
- Use one 21 mg nicotine patch daily for weeks 11 & 12, then  
- Use one 14 mg nicotine patch daily for weeks 13 & 14, then  
- Use one 7 mg nicotine patch daily for weeks 15 & 16 or longer | |

### Combination NRT

**Managing Cravings**
- It is recommended to use short-acting NRT (i.e. inhaler, gum, lozenge or mouth spray) as needed to manage cravings and withdrawal. These are safe to use in combination with the patch.
- If after 24 hours of starting NRT you are still experiencing moderate to severe cravings you can add another 7 mg patch or consult with your quit smoking follow-up support, family doctor, or pharmacist.

**How Much Short-Acting NRT Should I Use with the NRT Patch?**
Everyone is different. Use as much of the short-acting NRT as you need up to its maximum daily dose to manage your cravings.

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**Strategies to Address Side Effects:**
- **Difficulty Sleeping**
  Remove nicotine patch at bedtime. We suggest reapplying patch 45-60 minutes before waking (set alarm).
- **Skin Irritation**
  Try changing where you apply the patch each day, use clear patch, or use topical cortisone cream.

**Cost Per Unit** $22 - $37 (as sold) for 7-day supply
**Cost Per Day** $3 - $5
### NRT Inhaler - Recommended Treatment Plan

- Use 6-12 cartridges per day for the first 6 weeks
- Reduce the amount of cartridges used per day in weeks 6-12
- Some smokers require 1-2 cartridges per day beyond 12 weeks to manage cravings
- One cartridge is the equivalent to 1-2 cigarettes

**Instructions**
- Puff as needed to manage cravings
- Inhale 80 puffs over 20 minutes or until cravings are gone.
- Often, using the inhaler for 5 minutes is enough
- Take slow puffs to avoid throat burn
- Avoid eating or drinking 15 minutes before or during use

**Possible Side Effects**
- Headache
- Mouth/throat irritation
- Nausea

**Cost Per Unit**
- $40 - $52

**Cost Per Day**
- $6 - $7

### NRT Gum - Recommended Treatment Plan

- Use one piece as needed every 1-2 hours for weeks 1 - 6
- Use one piece as needed every 2-4 hours for weeks 7 - 9
- Use one piece as needed every 4-8 hours for weeks 10 -12 or longer

**Instructions**
- Should be chewed slowly until you can taste the nicotine or feel a slight tingling in your mouth, then stop chewing
- Place the gum between your cheek and gums. After one minute, repeat the process until cravings are resolved
- Chew and park each piece for 20 - 30 minutes or until your craving passes
- Avoid eating or drinking 15 minutes before or during use

**Possible Side Effects**
- Mouth soreness
- Jaw pain
- Hiccups
- Nausea
- Clings to dental work

**Cost Per Unit**
- $26 - $43

**Cost Per Day**
- $3 - $5

### NRT Lozenge - Recommended Treatment Plan

- Use one piece as needed every 1-2 hours for weeks 1 - 6
- Use one piece as needed every 2-4 hours for weeks 7 - 9
- Use one piece as needed every 4-8 hours for weeks 10 -12 or longer

**Instructions**
- Place the lozenge in your mouth and let it dissolve, moving it back and forth from time to time
- Each lozenge will last about 20-30 minutes
- Avoid eating or drinking 15 minutes before or during use

**Possible Side Effects**
- Nausea
- Headache
- Heartburn
- Hiccups

**Cost Per Unit**
- $24 - $38

**Cost Per Day**
- $3 - $7

### NRT Mouth Spray - Recommended Treatment Plan

- Use 1-2 sprays every 30-60 minutes as needed and reduce frequency over 12-24 weeks
- Maximum dosage is 4 sprays per hour or 64 sprays per day
- Each spray contains 1 mg of nicotine (Each dispenser provides 150 sprays)

**Instructions**
- First use, prime the spray pump
- Point spray nozzle as close to open mouth as possible and release
- To avoid getting spray down throat, do not inhale and refrain from swallowing for a few seconds.

**Possible Side Effects**
- Headache
- Nausea
- Vomiting
- Changes in taste
- Tingling sensation of the mouth

**Cost Per Unit**
- $26 - $51

**Cost Per Day**
- $11 - $22
Option 2:

☐ Varenicline (Champix®)

Varenicline comes in pill form. It targets the nicotine receptors in your brain, reducing your cravings for nicotine, and it takes away the satisfaction you get from smoking. Varenicline should be started 8-35 days **before** your quit date.

<table>
<thead>
<tr>
<th>Treatment Plan</th>
<th>Instructions</th>
<th>Possible Side Effects</th>
</tr>
</thead>
</table>
| **Day 1-3:** | One (0.5 mg) tablet daily | - Nausea  
- Trouble sleeping  
- Headache  
- Abnormal dreams  
- Constipation  
- Vomiting  
- Gas  
- Altered/depressed mood  
- Allergic reaction (rare) |
| **Day 4-7:** | One (0.5 mg) tablet at breakfast and one (0.5 mg) tablet at dinner (or at least 8 hours after first tablet) | |
| **Week 2-12:** | One (1 mg) tablet at breakfast and one (1 mg) tablet at dinner (or at least 8 hours after first tablet) | |

The usual duration of varenicline is 12 weeks; however, some people may continue to take it for up to 24 weeks, or as required.

**Cost Per Unit** $52 - $64 (as sold) for 14-day supply  
**Cost Per Day** $4 - $5

Strategies To Address Side Effects:  
**Nausea**  
- Take with full glass of water and meal  
- Take at least 8 hours apart  
- Use over the counter antinauseant  
- Discontinue for severe nausea  
- The dosage can be reduced to address side effects

Option 3:

☐ Bupropion (Zyban®)

Bupropion is another pill option. Bupropion helps balance the chemicals in your brain to reduce nicotine cravings and withdrawal. Bupropion should be started at least 7 days **before** your quit date.

<table>
<thead>
<tr>
<th>Treatment Plan</th>
<th>Instructions</th>
<th>Possible Side Effects</th>
</tr>
</thead>
</table>
| **Day 1-3:** | One (150 mg) tablet daily | - Difficulty sleeping  
- Dry mouth  
- Nausea  
- Constipation  
- Anxiety  
- Altered taste  
- Palpitations  
- Shakiness  
- Seizures (rare) |
| **Day 4-Week 12:** | One (150 mg) tablet at breakfast and one (150 mg) tablet at dinner (or at least 8 hours after the first tablet) | |

The usual duration of bupropion is 12 weeks; however, some people may continue to take it for up to 24 weeks, or as required.

**Cost Per Unit** $63 - $90 (as sold) for 30-day supply  
**Cost Per Day** $2 - $3

Strategies To Address Side Effects:  
**Nausea**  
- Take with full glass of water and meal  
- Take at least 8 hours apart  
- Use over the counter antinauseant  
- Discontinue for severe nausea  
- The dosage can be reduced to address side effects
STEP 3

CHOOSE YOUR QUIT SMOKING FOLLOW-UP SUPPORT

Taking part in follow-up support programs greatly increases your chances of quitting. The more support you have, the better!

Here are some options for follow-up:

- **Quit Smoking Automated Follow-up Program**
  This program sends brief automated calls or emails that ask you basic questions about how you are doing with quitting. If your answers suggest you are having a tough time and could use a little help, one of our Quit Smoking Specialists will call you back. Speak to your family doctor or healthcare provider for more information.

- **Follow-up Appointment with your Healthcare Provider (or at Clinic)**
  See your doctor who can provide you with ongoing support and may want to schedule a time for a smoking cessation follow-up appointment.

- **Health Professional Support**
  If you have general questions about your medications or your quit attempt, you can visit your local pharmacist, or other healthcare professional for more information and guidance.

- **Smokers’ Quit Lines/Online Support**
  Quit Lines are available in each province and provide support over the telephone or online. See page 21 to find support in your area.

- **Other Community Resources**
  Contact your local public health unit or community centre to find out about quit smoking programs and support available in your area.

Quit Smoking Automated Follow-up Program

Automated Follow-Up Calls or Emails
You may have enrolled in the Quit Smoking Automated Follow-Up Program. As part of this program, you will receive a series of follow-up calls or emails from our automated system.

Connecting You to Our Quit Smoking Specialists
If, for any reason, you are struggling with your quit attempt or have questions, you will be able to connect to a Quit Smoking Specialist. Our Quit Smoking Specialists are trained in helping smokers quit and will work with you to adjust your plan to help you with any difficulties, including a slip, temptation or cravings.

What If I Have Returned to Smoking?
Even if you have returned to smoking, please answer the automated call or email and let us know how you are doing. A Quit Smoking Specialist can contact you to discuss how to get back on track.

What If I Missed My Call?
If we missed you, the automated system will try to call you again or, if you prefer, you can contact the Quit Smoking Specialist at the telephone number originally provided to you.

Each automated call will take less than 3 minutes to complete! You can identify these calls as “Help 2 Quit” on your call display or “Check-in on your progress with Quitting Smoking” email subject line.
**STEP 4**

**PREPARE FOR YOUR QUIT DATE**

One to Three Weeks Before:

- Cut back the amount that you smoke
- Practice being smoke-free.
  Make your house and car smoke-free zones
- If you have family or friends who smoke, ask them not to smoke around you or offer you any cigarettes
- Plan different rewards for yourself for staying ‘smoke-free’
- If you are going to be taking varenicline, start the medication 8-35 days before your quit date. If taking bupropion, start the medication at least 7 days before your quit date

The Day Before:

- If you are using NRT, make sure you have the NRT ready for the morning
- THROW OUT ALL OF YOUR CIGARETTES
- Throw out your ashtrays and lighters
- Think positively about the change you are about to make
- Remind your friends, family and co-workers that tomorrow is your quit date and that you appreciate their support

On Your Quit Date:

- If you are using NRT, apply the patch first thing in the morning
- Make a conscious effort not to be around people who smoke
- Keep yourself busy at times when you might normally smoke
- Carry things to put in your mouth, like gum or toothpicks
- Drink a lot of water
- Avoid drinks like wine and beer as they can trigger you to smoke
- Use the nicotine inhaler, gum, lozenge or mouth spray to help you through cravings

**Take It Easy**

Quitting could seem stressful over the next few days. Take some time for yourself. Try to avoid or walk away from stressful or difficult situations.

**Cut Back Your Intake of Caffeine By At Least Half**

Cut back your intake of caffeine by at least half, either by reducing the number of cups of coffee, tea or colas that you drink per day or by switching to decaffeinated beverages. Non-smokers are more affected by caffeine, and reducing your intake will help you to avoid any unpleasant effects such as “caffeine jitters”, nervousness, irritability, headaches, sleeplessness, or heart palpitations.
Dealing With Stress: Stress is a normal part of everyday life. Many people smoke because they believe it helps them cope with stress. The truth is that smoking can actually increase stress because nicotine causes your heart rate and blood pressure to rise. You may find it helpful to join a support group or find a friend to quit with or talk to. Learn to relax and, when you feel stress coming on, take deep breaths through your nose.

Changes to Your Mood: As your body adapts to being a non-smoker, you may feel anxious, irritable, depressed, or have difficulty concentrating. Be patient with yourself in the first few weeks after quitting. If either you or your family notice agitation, depressed mood, or changes in behaviour that are not typical for you, or an allergic reaction, stop taking the medication and contact your quit smoking follow-up support or family doctor immediately.

Coughing: Many smokers find that they cough more in the first few weeks after quitting. This is your lungs clearing themselves. Consider it a sign that you’re getting healthier!

Managing Your Weight While Quitting: Experiencing an increase in appetite is normal while quitting smoking. Some people can expect to gain between 5 and 7 pounds during the first few months of quitting. Making a small change to your diet (e.g., choosing healthy snacks and drinking plenty of water) and exercise routine (e.g., going for a 30-minute walk) can help to manage your appetite and possible weight gain.

Stress or social situations involving alcohol are the top reasons people go back to smoking.

When You Feel the Urge to Smoke, Think of the 4Ds.

Delay: Cravings will usually pass within 3-5 minutes, so try to delay smoking

Drink Water: Drinking water helps to flush out the chemicals and toxins from your system

Distract: Occupy yourself with a task to keep your mind off smoking

Deep Breaths: Deep breathing will help you relax and make the cravings go away. Inhale deeply, hold for a couple of seconds, and then release slowly.

Take a Break - Walk Away From Stress

Walking is a great way to relieve stress as well as to help manage any cravings or withdrawal you may experience when quitting. Taking regular walks will also help manage your weight after quitting.
If You Have a Slip...

If you slip, have a plan to get back on track and start stopping all over again! If you find yourself smoking:

**Change the Situation:** Stop smoking immediately, leave the room, throw out your cigarettes... and carry on with your quit attempt.

**Talk Positively to Yourself:** Remind yourself of how far you have come and encourage yourself to keep at it.

**Take Action:** Find something else to do that makes it difficult to smoke, e.g. showering, engaging in physical activity, or chewing mint-flavoured gum.

**Ask for Help:** Talk to someone to distract or encourage you.

Don’t let a slip throw you off your quit smoking plan. Don’t hesitate to give us a call if you are having any trouble – we are here to help.

Enjoying Life Without Smoking

When you quit smoking, you will very quickly begin to experience health and other personal benefits that come with quitting. Here’s a list of activities that you can do instead of smoking:

- Go for a walk or take part in another form of exercise
- Take up a new hobby or alternative pleasures that involve your hands like painting, knitting, or gardening
- Practice relaxation
- Phone a friend
- Catch up on household projects you have been putting off
- Reward yourself with the money you have saved

How Much Will You Save?

_____ # packs x $ _____ / pack x 12 months = $ _______

x 5 years = $ _______

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**YOUR QUIT SMOKING PLAN**

**Smokers’ Quit Lines/Online Support**

Quit Lines are available in every province and provide support over the telephone or online.

**ALBERTA**
Smokers’ Helpline
1-866-332-2322 (English)
8:00 am – 8:00 pm
7 days a week
24/7 voicemail
www.smokershelpline.ca
www.albertaquits.ca

**BRITISH COLUMBIA**
Quit Now
1-877-455-2233
(English, French, 121 languages)
24/7 incoming calls
www.quitnow.ca

**MANITOBA**
Smokers’ Helpline
1-877-513-5333
(English and French)
Monday to Thursday: 7:00 am – 8:00 pm, Friday: 7:00 am – 5:00 pm, Saturday and Sunday: 8:00 am – 4:00 pm
24/7 voicemail
www.smokershelpline.ca

**NEWFOUNDLAND AND LABRADOR**
Smokers’ Helpline
1-800-363-5864 (English)
Monday to Thursday: 9:00 am – 9:00 pm, Friday: 9:00 am – 5:00 pm
24/7 voicemail
www.smokershelpline.ca

**NORTHWEST TERRITORIES**
NWT Quit Line
1-866-286-5099
www.nwtquitline.ca

**NOVA SCOTIA**
Smokers’ Helpline
1-877-513-5333
(English & French)
Monday to Thursday: 9:00 am – 10:00 pm, Friday: 9:00 am – 7:00 pm, Saturday and Sunday: 10:00 am – 6:00 pm
24/7 voicemail
www.smokershelpline.ca

**NUNAVUT**
Quit Now by Phone
1-866-368-7848
www.smokershelpline.ca

**ONTARIO**
Smokers’ Helpline
1-877-513-5333
(English & French)
Monday to Thursday: 8:00 am – 6:00 pm, Friday: 8:00 am – 5:00 pm
24/7 voicemail
www.smokershelpline.ca

**PRINCE EDWARD ISLAND**
Smokers’ Helpline
1-877-513-5333
(English & French)
Monday to Thursday: 9:00 am – 10:00 pm, Friday: 9:00 am – 7:00 pm, Saturday and Sunday: 10:00 am – 6:00 pm
24/7 voicemail
www.smokershelpline.ca

**QUÉBEC**
Ligne j’Arrête! / iQuitNow!
1-866-527-7383
(English & French)
Monday to Thursday: 8:00 am to 9:00 pm, Friday: 8:00 am to 8:00 pm
24/7 voicemail
www.jarrete.qc.ca/fr/
www.jarrete.qc.ca/en/

**SASKATCHEWAN**
Smokers’ Helpline
1-877-513-5333
(English and French)
Monday to Thursday: 7:00 am to 8:00 pm, Friday: 7:00 am to 5:00 pm
Saturday and Sunday: 8:00 am – 4:00 pm
24/7 voicemail
www.smokershelpline.ca

**YUKON**
Smokers’ Helpline
1-877-513-3333
(English and French)
Monday to Thursday: 5:00 am – 6:00 pm, Friday: 5:00 am – 3:00 pm
Saturday and Sunday: 6:00 am – 2:00 pm
www.smokershelpline.ca
ACKNOWLEDGEMENTS Information in this Quit Plan has been adapted from the following sources:

One step at a time: For smokers who want to quit. Canadian Cancer Society.
Quit: You have it in you. Smoke Free Ontario. Ontario Ministry of Health Promotion.
Tools for health smoker’s guide. Healthy Heart Society of British Columbia.