



Quitting smoking and vaping

You are receiving this sheet because you smoke or vape. Stopping is the single best thing you can do for your health, whatever your age. Your visit today is a good moment to start. This sheet explains how to make quitting easier.

What is it?

Nicotine is very addictive, so quitting can be hard, and many people need several tries. Smoking harms the heart, lungs, blood vessels and skin, and causes many cancers. Vapes still contain nicotine and other chemicals, and are not harmless. Benefits start within days: breathing and taste improve, and your risk of heart attack falls over the following months. Support and medicines make success much more likely.

Looking after yourself at home

- Choose a quit date soon, and tell family and friends so they can support you.
- Remove cigarettes, lighters, vapes and ashtrays from your home, car and work.
- Notice your triggers, such as coffee, stress or meals, and plan something else to do.
- Cravings pass within a few minutes. Delay, drink water, breathe deeply, or go for a walk.
- Keep your home and car smoke-free to protect children and others.
- If you slip, do not give up. Learn from it and try again.

Medicines

- Nicotine patches, gum, lozenges or sprays ease cravings. Using a patch with a quick-acting product works best. Follow the packet or your pharmacist's instructions.
- Your doctor may offer a prescription medicine to help you stop.
- Tell your doctor you have stopped, because some medicines may need checking.

Follow-up

- See your family doctor, health centre or pharmacist within 1 to 2 weeks for a stop-smoking plan.
- Ask about a stop-smoking support service or quit programme near you.
- Ask for a check of your blood pressure, lungs and heart risk.

Come back to the emergency department or call an ambulance straight away if:

- Chest pain, pressure or tightness lasting more than a few minutes
- Severe breathlessness, or blue lips
- Coughing up blood
- Swelling of the face, lips or tongue, or trouble breathing after starting a medicine
- Thoughts of harming yourself, or a sudden serious change in your mood



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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