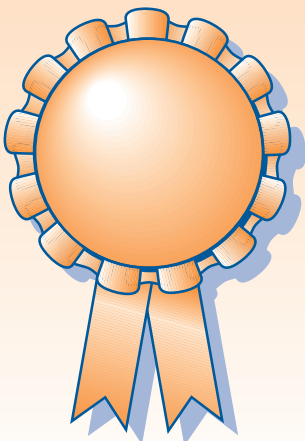




QUITTING

- **CONGRATULATIONS...YOU'VE DECIDED TO QUIT!**
- **COUNTDOWN TO QUITTING**
- **NICOTINE REPLACEMENT THERAPY**
- **A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT**
- **PREVENTING TEMPTATIONS:
BEING PREPARED**
- **COPING WITH TEMPTATIONS:
BEING STRONG**
- **SNUFFING THE URGE TO SMOKE**



**THE UNIVERSITY OF PITTSBURGH
National Smoking Cessation
Specialist Certification Program**

CONGRATULATIONS

...YOU'VE DECIDED TO QUIT!

Good for you...you've taken that first big step.

Now what?

1. Set a quit date — one that is within the next two weeks. It is important to make a commitment to quit, and the best way to do that now is to pick an actual date for quitting and to stick with it. Write your quit date here: _____

2. Then, refer to the accompanying handouts. They were designed by the University of Pittsburgh National Smoking Cessation Specialist Certification Program and provided to you by your pharmacist.

Here is an overview of the handouts and how each will help you in your effort to quit smoking:

- **COUNTDOWN TO QUITTING** has valuable information you can use to prepare for your actual quit date. Use this handout to learn more about your smoking habit and to get ready to begin your new smoke-free life.
- **A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT** is for you to complete and give to your support person, so he or she knows what kinds of help you will need as you go through the quitting process.
- **NICOTINE REPLACEMENT** is for you to review with your pharmacist, as you decide which product will work best for you.
- **PREVENTING TEMPTATIONS: BEING PREPARED** is packed with tips that will

help you to temporarily change the daily habits that link your life to cigarettes.

- **COPING WITH TEMPTATIONS: BEING STRONG** will give you plenty of good ideas about what to do when you feel an urge to smoke.
- **SNUFFING THE URGE TO SMOKE** is a handy reference to new coping techniques.

3. Other specialized handouts are also available from your pharmacist. These deal with specific situations that many new nonsmokers find to be troublesome. Feel free to ask your pharmacist for any or all of these handouts:

STRESS MANAGEMENT
WEIGHT MANAGEMENT
WITHDRAWAL SYMPTOMS
ROUTINES
MEALS AND COFFEE
ALCOHOL AND SOCIALIZING
BEING AROUND SMOKERS

4. Remember, your pharmacist has been specially trained in smoking cessation counseling and is there for you whenever you need help. *Just ask.*

5. Finally, always keep a positive attitude. *You can do it!*

COUNTDOWN TO QUITTING

You've made the decision to quit. *Good for you!*

Here are some suggestions on what to do to get ready.

- **The first step in preparing to quit is to set a quit date.** Choose a date within the next two weeks.
- **Use the time between now and your quit date to learn as much as you can about your smoking habit and routines.** Once you have quit, this information will help you to stay smoke-free. By understanding when and where you are most likely to smoke, you will be better prepared for how you will feel when you quit, and you will know what kinds of situations to try to avoid.
- Try one of these suggestions for the next three days:

Pay attention to every cigarette you smoke. Where are you? What are you doing? What are you feeling? Then think back over the three days to see the patterns to your smoking.

Before you smoke each cigarette, ask yourself: "Do I really want this cigarette?" If you do, then smoke it. If not, just put it back until you really want it. Think back over the three days. Where do you smoke the most?

Now, list below the three situations where you found you most wanted to smoke:

1. _____
2. _____
3. _____

Which three cigarettes of the day would probably be the easiest to give up?

1. _____
2. _____
3. _____

10

9

8

7

6

5

4

3

2

1

- **To successfully quit smoking, you must be aware of the situations where you are now most likely to smoke.** You must be ready, for a couple of weeks at least, to change your routines and avoid those "trouble" situations. And when you do find yourself in one of those situations anyway, you must be prepared to change what you do and how you think so that you do not reach for a cigarette.
- **Look back at the three situations where you most wanted to smoke.** Decide now how you can avoid those three situations. And if you find yourself in one of them anyway, decide how you can handle it without smoking.

I can avoid Situation 1 by _____

I can handle Situation 1 by _____

I can avoid Situation 2 by _____

I can handle Situation 2 by _____

I can avoid Situation 3 by _____

I can handle Situation 3 by _____

Quitting smoking is something that you must actively do; it is not something that will just magically happen once you finish the cigarette that you have decided will be your last. During the two to three weeks after your quit date, you will be actively quitting smoking each day, all day. Yes, it's work. *And yes, it will be worth it!*



NICOTINE REPLACEMENT THERAPY

Nicotine is the addictive substance in cigarettes. After years of smoking, your body has become used to having a certain amount of nicotine in it. When your nicotine level drops below that point, you feel a craving for a cigarette. When you smoke the cigarette, your nicotine level goes back up.

When you quit smoking suddenly, your nicotine level quickly drops. As this happens, you may experience withdrawal symptoms. You may become irritable, get a headache, have trouble sleeping, or have an intense craving for a cigarette. In a short period of time—usually a few weeks—your body will clear itself of nicotine and these symptoms will go away. But for this to happen, you have to stay smoke-free during that time. For many people, this is very hard to do. They start to smoke again in order to relieve their withdrawal symptoms.

Nicotine replacement products offer an alternative. These products provide new nonsmokers with a steady, controlled amount of nicotine throughout the day. So, withdrawal symptoms and cravings for cigarettes are reduced.

It is very important to realize that nicotine replacement products are not “magic pills” or a “cure” for smoking. They will not stop your smoking for you. **ONLY YOU CAN DO THAT.**

Using these products simply takes the edge off your cravings. These products give you the opportunity to make changes in your routines and practice new coping skills without having to deal with bothersome withdrawal symptoms at the same time. Once you are comfortable being a nonsmoker, you can then focus on becoming nicotine-free. Each product has its own method for doing this.

Here are the nicotine replacement products currently available and general recommen-

dations for their usage. Your pharmacist has detailed information on each product and can help you choose the type of nicotine replacement that will be best for your needs and your lifestyle.

NICORETTE GUM (2 MG OR 4 MG)

2 mg — for those who used to smoke fewer than 24 cigarettes per day

4 mg — for those who used to smoke 24 or more cigarettes per day

Use one piece every 1 to 2 hours for 6 weeks, then one piece every 2 to 4 hours for 3 weeks, then every 4 to 8 hours for 3 weeks until you gradually stop usage.

Use is not to exceed 24 pieces a day or 12 weeks of use.

NICODERM PATCH

For light smokers (those who used to smoke fewer than 10 cigarettes a day):

One 14 mg patch for 16 or 24 hours a day, for 6 weeks

One 7 mg patch for 16 or 24 hours a day, for 2 weeks

For heavy smokers (those who used to smoke 10 or more cigarettes a day):

One 21 mg patch for 16 or 24 hours a day for 6 weeks

One 14 mg patch for 16 or 24 hours a day for 2 weeks

One 7 mg patch for 16 or 24 hours a day for 2 weeks

NICOTROL PATCH

One 15 mg patch is worn each day for 6 weeks. Each patch is worn for 16 hours.

A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT

Dear _____,

I have decided to quit smoking, and I would like your support. Here are some ideas about the kinds of help I will need from you. Please read them over, and then let's talk about how you can help me stop smoking.

- **Be positive.** No matter what, please be upbeat and encouraging.
- **Be there when I need you.** Please do not call too often to check on me. I'll let you know when I need help. When I do contact you, please be a good listener. Sometimes that will be all I need.
- **Encourage me to try new coping techniques** by talking to me about what I could do, instead of smoking a cigarette, when I find myself in a situation where I have been used to smoking.
- **Reward my progress whenever you can.** A simple "You're doing great!" or "I'm proud of you!" will mean a lot to me.
- **Be patient.** Making a permanent change is hard to do, and I may slip once or twice before reaching my goal.
- **Be there for me in the long run.** It will be easier to be enthusiastic and understanding during the first two or three weeks. But months later, when the excitement has worn off, may be the time I need your help most.

- _____
- _____
- _____

Sincerely,

P.S. If you used to smoke, please don't expect me to go through exactly the same thing you did. Remember that the quitting process is different for everyone. And if you've never smoked, please try to understand how difficult this is for me. I hope you will be patient with me if I'm moody now and then!

PREVENTING TEMPTATIONS: BEING PREPARED

When you quit smoking, you will probably be tempted to smoke from time to time. Just about every new nonsmoker is. Temptations are most likely to occur when you are in a situation in which you often smoked. You may feel temptations for several months after you quit.

Over the years, you have smoked so many times in certain situations that you may now automatically connect those situations with smoking. Just drinking a cup of coffee or finishing a meal, for example, may make you think about having a cigarette.

Changing your routines will remove many of these temptations and will help keep the urge to smoke from sneaking up on you.



Ways to Keep Yourself From Being Tempted to Smoke

- **Always be prepared.** Know ahead of time what situations might be a problem for you, and know what you need to do to prevent the temptation from occurring. Here are some common situations that may trigger an urge to smoke, and suggestions about how to eliminate them:

MORNINGS — Change your routine. Get up earlier, take a bath instead of a shower, get dressed in a different room.

MEALS — Remind yourself ahead of time that you can get through a meal without smoking. Sit in non-smoking sections.

SEEING OTHER SMOKERS — Avoid situations where you know smokers will be.

NEGATIVE FEELINGS — Rethink your belief that smoking makes things better. Without a cigarette, you are in control.

ALCOHOL — As much as possible, avoid drinking alcohol for the first few weeks after you quit smoking.

Now, list below the three situations where you think you will have the strongest temptations to smoke. Then, next to each situation, write what you will do to change your routine and eliminate the temptation.

| Tempting Situation | What I Will Change |
|--------------------|--------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

- **Avoid a tempting situation altogether.** There is no shame in feeling that you cannot handle a certain situation for awhile. The first few weeks of quitting is no time to test your strength!
- **Stay away from stressful situations as much as possible until you feel strong enough to handle them without smoking.** Ask your pharmacist for the Stress Management handout. It contains many ways to handle stress in a healthy manner. Practice these techniques often.
- **Take care of yourself.** Begin an exercise program, after consulting your doctor. Smoking and exercising simply do not go together! Eat well-balanced meals, get your normal amount of sleep, and drink plenty of water.
- **Avoid boring situations where you might begin to think about smoking.** Keep busy. Always have something to do.
- **Remind yourself often that you are happy being a nonsmoker** and that life is much better without cigarettes.
- **Focus on the positive aspects of your life.** Rather than thinking that you have been deprived of smoking, remind yourself that you have made the decision to quit and to live a more healthy, productive life. *There are much more exciting and interesting things than smoking to occupy your time!*

COPING WITH TEMPTATIONS: BEING STRONG

Quitting smoking is about more than regulating the nicotine level in your body. Much more importantly, quitting is about learning how to live your life without cigarettes. This is called “coping.” It’s having a cup of coffee in the morning, taking a drive, dealing with the pressures of family and work, and more — without lighting up, and, eventually, without even wanting to.

Coping involves acquiring new knowledge and learning new skills. It means learning how to handle all the urges you have for a cigarette and finding new ways to deal with situations in which you used to smoke. You *could* say that quitting smoking and being able to cope have much more to do with “skillpower” than willpower!

You can handle your desires or urges to have a cigarette in two main ways: changing how you think and changing what you do. And you can make these changes either in advance or at the moment the desire to smoke occurs.

Using a combination of both advance and at-the-moment techniques is the best way to keep yourself smoke-free. Using advance techniques helps you to prevent a desire for a cigarette from occurring. Using “at-the-moment” techniques ensures that, if the desire for a cigarette does sneak up on you, you’ll be able to handle it without smoking.



On the next page are details about coping techniques that new nonsmokers have found helpful. Read them over, and begin to use some of them to help you through the day.

Once you become comfortable with the coping techniques you’ve learned, you can begin to combine them. For example, as you walk away from a place where you had a strong urge to smoke a cigarette, you can say to yourself “I did it! I am in control,” as you take a deep breath. Combining techniques makes them even more effective.

On the back of the next sheet is A Smoke-Free Me, a summary “coping menu” that lists several good ways to keep cigarettes off your mind — and out of your hand! Post it where you can see it during the day and let it remind you of the many things you can do *instead of* reaching for a cigarette!

YOUR PLAN FOR ACTION

Even after you change many of your daily routines and remove many temptations to smoke from your day, sometimes an urge to smoke will still sneak up on you.

What is an urge? Often it is nothing more than a thought. In the past, when you thought about having a cigarette, you usually smoked one. Now that you have quit, you may still be having these thoughts and may not know what to do with them.



Begin by realizing that just because you think about a cigarette doesn't mean you have to smoke one. In every situation where you have an urge to smoke, you can do or think about something else instead.

Dealing with the urge, or coping, is an important part of becoming a nonsmoker. You can deal with urges in two main ways: changing how you think, and changing what you do.

Make a commitment now to make these changes for at least the next few months. That's how long it usually takes for most people to feel comfortable not smoking. As you make these changes, you will notice that you will be thinking of cigarettes less and less often, and with less and less intensity.

The best way to cope is to have a plan ready. Know what you will do before the temptation hits. With that in mind, here are some suggestions that will help you to reduce how often you think about smoking, and teach you what to do when the urge to smoke does occur.

CHANGING HOW YOU THINK

- **Don't make a big deal out of your thoughts about cigarettes!** It is only natural to think about cigarettes for a while after you quit smoking. Just accept this and go on.
- **Remember, the thought about a cigarette actually lasts only a few minutes.** Dwelling on the thought is what makes it last longer. Just say to yourself, "O.K., I'm thinking about smoking. SO WHAT?" And then proceed with whatever you were doing.
- **Thinking about a cigarette does not mean you have to smoke one.** Every day you think about lots of things that you don't actually do!
- **When you have a thought about cigarettes, tell yourself "It's just a thought," or "I am in control," or "I am strong and getting stronger every day," and then let the thought go away.**

CHANGING WHAT YOU DO

- **Do deep breathing.** When you have the desire for a cigarette, take a deep breath. Hold it in for a few seconds, then let it out through your mouth just as you did when you exhaled while smoking. The desire will quickly pass, and you will feel more relaxed.
- **Distract yourself.** Move on to another task. Always have something to do with you just in case. Many people carry a paperback book with them or work on their weekly schedule.
- **Escape from the situation.** Sometimes a situation may be just too much to handle. If that is the case, there is no shame in leaving. Avoid the same situation until you have a plan to cope with it.
- **Call your support person, or talk with someone nearby.**
- **Keep your mouth busy:** drink a glass of water, eat a piece of sugarless candy, or chew a piece of gum.

Now, take a moment and write down three coping techniques that you plan to use when an urge to smoke strikes. Remember to actually use these techniques when the need arises!

1. _____
2. _____
3. _____

REMEMBER:

The only way the thoughts about smoking will go away for good is if you **DO NOT SMOKE.** Having just one cigarette continues the control that smoking has over your life.

SNUFFING THE URGE TO SMOKE

Quitting smoking is more than removing nicotine from your body. More importantly, quitting is removing cigarettes from your daily life.

Here are several good ways to keep cigarettes off your mind and out of your hand!

Clip this out and place it where you can see it during the day.

A SMOKE-FREE ME

I'M CHANGING HOW I THINK...

- I'm rethinking my belief that smoking is the only way to deal with my problems.
- I'm reminding myself of the risks of smoking and the benefits of quitting.
- I'm saying to myself, "I am in control."
- I'm diverting my thoughts by picturing myself on a sunny beach or in a lush forest.
- I'm asking myself, "How could a cigarette really make this situation any better?"

I'M CHANGING WHAT I DO...

- I'm changing my routines.
- I'm keeping active.
- I'm avoiding tempting situations.
- I'm taking deep breaths.
- I always have something with me to keep me occupied.
- I'll leave the scene if I feel tempted to smoke.

**Developed in cooperation with Frank Vitale, M.A.
and the University of Pittsburgh School of Pharmacy**

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