

# How to stop smoking

**And stay  
stopped**

**Action  
plan ahead**

**Free services  
to help you**

# Giving up smoking is the best thing you can do for your health.

Want to join the thousands of Scots who successfully quit tobacco every year?

This booklet will give you the best possible chance of success, especially if used together with the free support and stop smoking medication available.

We know it's not always easy, but you don't have to do this on your own. There's lots of free help available (see page 24). After just 72 hours, one of the biggest hurdles is over and you'll be well on your way to quitting for good.

To find out more about your local Quit Your Way service, call Quit Your Way Scotland **free** on **0800 84 84 84** to speak to an expert or visit **[www.quityourway.scot](http://www.quityourway.scot)**

**QUIT YOUR WAY**  
with our support



**Healthier  
Scotland**  
Scottish  
Government

# Contents

**Think**

**Thinking about  
stopping**

**3**

**Plan**

**Preparing to stop**

**11**

**Stop**

**Stopping**

**23**

**Cope**

**Staying stopped**

**45**

A full-body photograph of a man standing against a background of horizontal blue and white stripes. He is wearing a beige V-neck sweater over a collared shirt, blue jeans, and brown leather shoes. He has his hands in his pockets and is looking towards the camera with a slight smile.

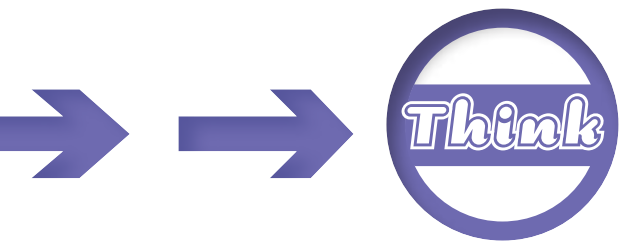
# Thinking

# **about stopping**

## **Way to freedom**



You can do it!  
We are ready to help you.  
If you've tried to quit before and  
not succeeded, try again when  
you are ready.  
**You will succeed!**



The key to success is wanting to stop, then preparing thoroughly, so you have the best chance of success. Stopping smoking will positively affect the rest of your life - it's worth doing properly!

**Writing it down  
will help you think  
about the reasons you  
started smoking.**

**I started smoking because:**

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- Are these reasons still true today?
- Do you continue to smoke for the same reasons?
- The answer is probably 'no'.



# Think about why

The following list may help you decide.

**Tick your reasons ...**

**I want to stop because:**



- ☐ I want to improve my health.
- ☐ I want my children to grow up as non-smokers.
- ☐ I can't afford it. It costs too much!
- ☐ It's more sociable to be smoke free these days.
- ☐ I want my clothes fresh and free from stale smoke.
- ☐ I don't like being addicted to smoking - it's time to stop.
- ☐ I want a smoke-free home for my family, friends and pets.



# you want to stop.



**... and add your own.**

**On a bad day, you can remind  
yourself why you're quitting.  
I want to stop because:**



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# Why it's worth stopping

The first few days can be tough, but within:

**72 hours**

- pulse/heart rate drops
- carbon monoxide and oxygen levels in blood return to normal
- senses of taste and smell sharpen

## **Weeks:**

- coughing and shortness of breath decreases
- lung function improves
- the risk of a heart attack begins to reduce
- the risk of post-operative complications is reduced
- there is a reduced risk of respiratory infections
- skin looks healthier



## **Months:**

- symptoms of chronic bronchitis improve
- ulcer risk drops

## **One year:**

- there is a reduced risk of heart or respiratory disease

## **Five years:**

- the risk of heart disease, of another heart attack or of cardiac death among those already with heart disease, falls considerably

## **Beyond five years/longer term:**

- the risk of lung cancer, other cancers and stroke falls considerably
- the risk of death from chronic obstructive pulmonary disorder (COPD) is reduced.

# Preparing

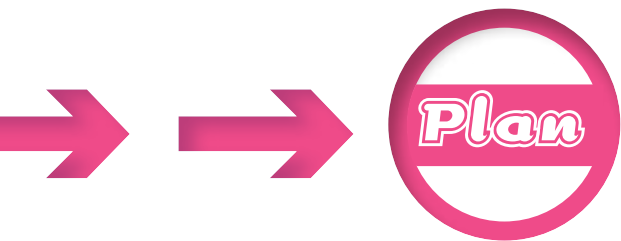


**to stop**

## **Plan ahead**



To succeed in stopping smoking, it's best if you do some preparation first.



Free help is available from community pharmacies or from Quit Your Way services at: **[www.quityourway.scot](http://www.quityourway.scot)**

You can also speak to a Quit Your Way Scotland adviser **free** on **0800 84 84 84**.

Think about who can help you when you stop smoking ... your partner, family, friends?

**What can they do to help you?**

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## Decide the quit date that's right for you.

Well done!  
You're on  
your way to  
stopping

Get prepared for success! What can you do to make the first 72 hours without smoking easier? Call Quit Your Way Scotland, stock up on free gum or patches, or talk to your friends and family. Once you are ready, write your chosen date down.

**I am stopping on:**

**Quit date**



**Think about the things that  
you associate with smoking.**

**These may include:**

**When you  
have a cup of  
tea or coffee**



**After your  
dinner in the  
evening**



**Social  
occasions**

**When you're  
feeling stressed  
or bored**

**First thing in  
the morning**





Plan ahead to beat those tough times in the first 72 hours.

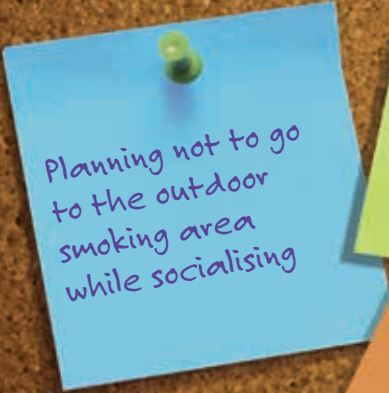
You may want to write your own list of the things or situations that you associate with smoking.



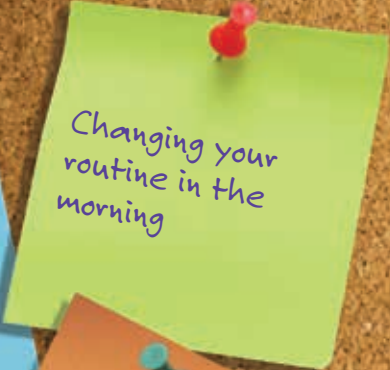
# Solutions ○ ○ ○

**Now write some solutions that you can think of which may make these things easier to cope with.**


**These may include:**



Planning not to go  
to the outdoor  
smoking area  
while socialising



Changing your  
routine in the  
morning



Deciding not to  
buy cigarettes

My solutions are:

There are a number of solutions that can help you stop smoking and stay stopped. The habit of smoking is strongly linked to certain times and situations - some simple stress reducers are on page 47.

A close-up photograph of a hand breaking a cigarette in half. The cigarette is white with a gold band. The hand is holding the cigarette from the left, and the other end is being broken. Ash is falling from the broken end. The background is a solid purple color.

# **Break the link**

**Go for a walk.**

**Start something new.**

**You need to break the link between the situation and the cigarette, and you can do this by changing your routine.**



**Make your home smoke free.**

**Finish something you've**

**been putting off.**

**Change your routine.**

Before your stop smoking date, throw away all of your cigarettes, lighters and ashtrays. This will remove temptation and it will make stopping smoking real. It can be scary to let go but you will feel good doing it.

Tell your friends and family that you are giving up smoking. Tell them that you will need their support and encouragement to help you quit. Ask them not to offer you any cigarettes, but to support you and give you encouragement.

# Fears and anxieties

Just as you are about to stop smoking you may suddenly think of lots of problems. This is completely normal.

For example:

**'This isn't the right time.'**

There are times when it may be more difficult to stop, for example, when you are under a lot of stress.

But this can also be used as an excuse. Ideally the best time to stop is as soon as possible.

## **'It's too late; the damage is probably done already.'**

It's never too late to stop smoking as the damage from smoking builds up over the years. Stopping at any age will improve your health, but obviously the sooner you stop, the better.

## **'I may put on weight.'**

Many people are afraid of putting on weight when they stop. Some people do put on weight, others don't, and some may even lose weight. The typical amount of weight gain is small compared to the health benefits of stopping smoking.

## **'I haven't got any willpower.'**

Everyone has willpower. Think of something you did through sheer determination or a challenge you have already overcome. That's willpower; you've got it. Surprise yourself and use your willpower to stop smoking!

A man with short grey hair, smiling, wearing a green V-neck sweater over a white shirt and blue jeans. He has his hands in his pockets and is standing on an orange surface. The background is composed of large geometric shapes in orange, white, and blue. The word "Stopping" is written in large white letters on a blue background.

# Stopping

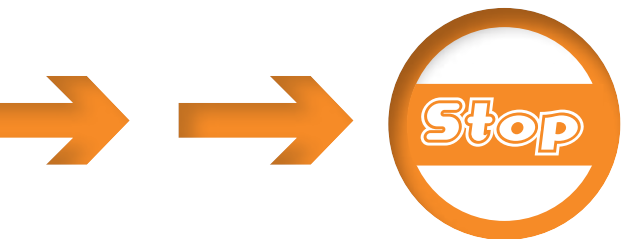


**- what can help**

**Road to success**



In Scotland, support to  
stop smoking is free.



## Quit Your Way services

NHS Quit Your Way services are available locally with trained, friendly advisers who will give expert advice to help you decide the best method for you to quit smoking your way. Your adviser can discuss the range of free stop smoking medications available to you (see page 26), your options if you don't want to quit abruptly, and group or one-to-one support.

Your GP, a pharmacist or Quit Your Way Scotland can refer you to services in your area. Visit [www.quityourway.scot](http://www.quityourway.scot) to find out where your nearest services are and how to access them directly, without an appointment. You can also access NHS Quit Your Way support at any community pharmacy, including free weekly one-to-one support and stop smoking medication over a 12-week period.

**Quit Your Way advisers will also give you reassurance and advice on withdrawal symptoms.**

Research shows that the more support you get, the better your chance of stopping smoking – if you use NHS Quit Your Way services in combination with stop smoking medication, you are much more likely to succeed. Stopping smoking with other people's help can also make a difference.



# Stop smoking medications

There are currently three main types of stop smoking medications: nicotine replacement therapy (NRT), varenicline (Champix) and bupropion (Zyban). They may also be able to support you if you wish to use e-cigarettes.

The medications really work, although they are not magic cures and won't do all the work for you - you must want to stop and still need to be motivated to try and stay stopped.

NRT, varenicline (Champix) and bupropion (Zyban) have similar success rates so you can choose the product that suits you best.

If you want more details about medications, we recommend you talk to your GP, pharmacist, local **free** Quit Your Way service or ring Quit Your Way Scotland **free** on **0800 84 84 84**.

NRT is available from both community pharmacies and your local Quit Your Way services.

Varenicline is available on prescription from your GP and can also be prescribed by your local pharmacy. Bupropion (Zyban) is only available on prescription from your GP.

You can discuss all treatments with your local stop smoking adviser who will help you decide the best treatment for you.

NHS Quit Your Way services cannot supply or arrange either Varenicline or Bupropion.

## **Nicotine and addiction**

Nicotine is a very addictive substance but it is the dangerous tar, carbon monoxide and other poisonous chemicals in tobacco smoke that cause harm to your health and the health of others. NRT provides a 'clean' form of nicotine that is much safer and less addictive than smoking tobacco.

## Nicotine replacement therapy (NRT)

### How does NRT work?

NRT gives the body a lower amount of nicotine than you would get from cigarettes. It replaces the nicotine from tobacco, easing the withdrawal while you get used to becoming a non-smoker. Although different product types vary, NRT gives you about half the nicotine you were used to while smoking. If you choose to use it to quit, you start taking NRT on the day you stop smoking.

NRT is even licensed for use by pregnant or breastfeeding women, young people over 12, and those with underlying diseases such as cardiovascular disease. If any of these apply to you or you have any concerns about use, please discuss them with your pharmacy, GP or local NHS Quit Your Way service.

## Types of NRT

There are a number of NRT products. Your NHS specialist Quit Your Way service will discuss the different products and how you may access them with you. There are a range of options available that will be free. It's also possible to use more than one type of NRT at a time if you are having particular difficulty in stopping smoking, but you should discuss this with your GP, pharmacist or Quit Your Way adviser to get the best advice.

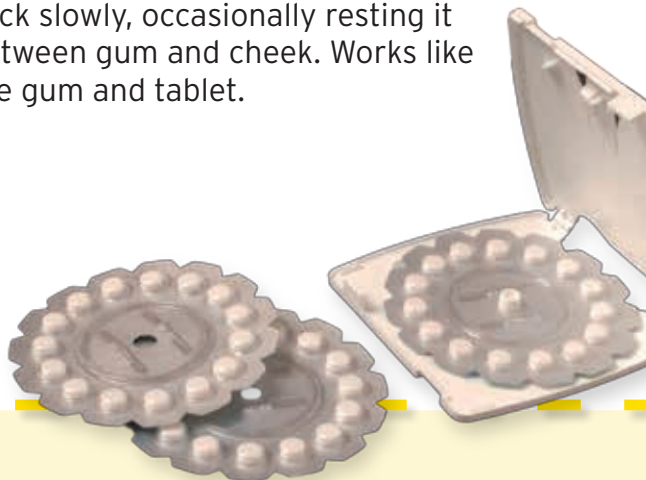
**Patch** - discreet and easy to use and comes in different strengths. Put on each morning; it is designed to be worn for 16 or 24 hours. People who smoke 20 or more cigarettes a day should normally start with the highest dose patch. Patches supply a slow, steady dose of nicotine.



**Inhalator** - a good choice if you miss holding a cigarette. A plastic mouthpiece with a supply of nicotine cartridges which you draw on like a cigarette. Similar nicotine dose to the gum.

**Mouth spray** - used to quickly relieve withdrawal symptoms and reduce the cravings you get when you stop smoking.

**Lozenge** - discreet; you control the dose. Comes in various flavours. You suck slowly, occasionally resting it between gum and cheek. Works like the gum and tablet.





**Tablet** - discreet; you control the dose. Placed under the tongue where it slowly dissolves. Works like the gum by allowing nicotine absorption through the mouth.

**Gum** - allows you to control the dose. Comes in 2 mg or 4 mg strengths and various flavours. People who smoke 20 or more cigarettes a day should normally start with the stronger gum.



## Champix

Varenicline, commonly known as Champix, is a tablet specifically developed to help people quit smoking. It is started one to two weeks before you decide to quit. You can get a prescription for Champix from your GP or local pharmacist.



## Zyban

Bupropion, commonly known as Zyban, is available as a tablet. However, you can only get this on a prescription from a GP. Talk to your local Quit Your Way adviser to see if it is suitable for you.

You start using Zyban while you are still smoking since it takes a few days to build up sufficient levels of the medicine in your body. You set a quit date in the second week of treatment.



## **What if I want to use an e-cigarette to stop smoking?**

There is still a lot we don't know about e-cigarettes (vaping). They are not risk free but, based on current evidence, they have a lower risk than tobacco when used as a complete replacement to smoking.

The effectiveness of e-cigarettes compared with stop smoking medications (see pages 26-33) is mixed. If you want to quit using an e-cigarette, then you will be supported to do so by your local Quit Your Way service.

Your local NHS Quit Your Way services can only prescribe medically approved and licensed products. None of the e-cigarettes that are licensed as stop smoking medications for use in the UK are currently on the market, but this may change.



By attending your local Quit Your Way services, you will get practical support (for example, as part of a programme with support from others trying to quit, or one-to-one support), which gives you a better chance of stopping smoking. You can also 'self refer'. This means you can contact services directly and do not need to wait for an appointment.

We suggest that you do not use an e-cigarette in front of children or young people, as you might unintentionally make them think about starting smoking or using an e-cigarette.

# Stopping: what to expect

You may experience withdrawal symptoms when you stop smoking. You might feel slightly irritable, restless or low in mood. You might find it difficult to concentrate or have an increased urge to smoke.

Craving a cigarette usually lasts three to five minutes; over time this becomes less frequent. Try to distract yourself. The most important thing is not to smoke. If you do, learn from it and use the experience to get back on track.

## Questions about stopping

**What about  
complementary  
therapies?**

There is no scientific evidence that hypnotherapy, acupuncture or laser therapy work any better than willpower. By attending your local Quit Your Way services you will have access to free stop smoking medication and support, which are proven to be more effective than willpower alone.





**If I really feel I can't  
quit immediately,  
what other options  
are there?**



You are more likely to stay stopped long term if you stop completely on a target quit date. Stopping smoking improves health far more than continuing to smoke, even at a reduced rate. It is best to set a quit date, and to quit completely by using NRT, Champix or Zyban.

If you feel you really can't stop smoking completely at the current time, then try to cut down before you quit. You still need to set a quit date; it's best to do this within the next six weeks. Plan how much you will reduce your smoking by, and over what time period.

There are also other effective and safe harm-reduction options. You can use NRT in place of some cigarettes - for example, in situations where you can't smoke or where you are around others who may be particularly affected by second-hand smoke (like children, pregnant women, or people with respiratory or cardiac conditions). You can also use NRT to help stay quit once you have stopped, if you feel at risk of relapse to smoking.

Speak to your local Quit Your Way adviser or pharmacist about using NRT in these ways, as NRT can improve your chances of success.

A man with a beard and short hair, wearing a blue and brown striped sweater over a black collared shirt, is smiling and holding a white sign with a blue border. The sign contains the text 'What about other forms of tobacco?' in orange. The background is a plain, light-colored wall.

## **What about other forms of tobacco?**

Smokeless tobacco includes:

- dry, chewing tobacco
- moist, oral tobacco for sucking
- nasal snuff.

Shisha is smoking tobacco and other flavoured molasses through a bowl and a hose/tube/pipe.

Smokeless tobacco and shisha smoking are not safe or healthier alternatives to smoking - both can be very harmful.

Smokeless tobacco increases the risk of:

- **cardiovascular disease**
- **oral, mouth, throat and oesophageal cancers**
- **other mouth diseases and gum disease.**

Shisha smoking accessories or devices do not make it safer, as tobacco (and nicotine) is still involved, and even tobacco-free shisha still produces carbon monoxide and harmful toxins. As well as the effects of second-hand smoke, one puff can be the equivalent of a whole cigarette and a shisha session can be the equivalent to smoking 100 cigarettes.

# You have stopped

**Plan rewards for the end of day one, week one, and so on.**

## Day one

Make time at the beginning of the day to think about why you are stopping. Try to take each minute, each hour, each day, one at a time. It will help a lot to concentrate on the present and not worry about how you are going to live without cigarettes for the rest of your life.

Live in the present. Your goal is to get through today without smoking. Tomorrow will come soon enough.

# smoking today!

**My reward for getting  
through the first  
24 hours is:**

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# Staying

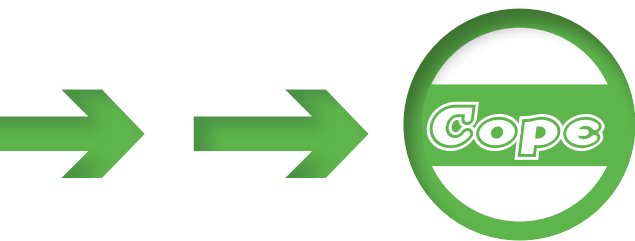


**stopped**

**You've arrived**



Keep up the good work.  
Quit for a month and you are  
more likely to quit for good.



## **Managing withdrawal symptoms and stress**

You may get withdrawal symptoms even if they are quite mild. They result from craving nicotine and the loss of a strong habit.

Getting through the first 72 hours, with the right support, can be a great help.

The good news is that, for most smokers, the worst of the withdrawal eases over time and usually within a month.

NRT or stop smoking medications will help you cope with the withdrawal but there are also things you can do to reduce the stress.



## Some simple stress reducers:

- Walk away from it – take a break, have a drink of water or juice.
- Try deep breathing and stretching your back, neck and arms – even just for a few minutes.
- Be more active and take exercise if you can; walking and swimming are good.
- Phone a friend who makes you laugh – laughter is relaxing and a great stress reducer.
- Plan to watch something on TV that you like or have been looking forward to seeing.



# Start each day with a fresh commitment to stopping.

## The first 72 hours

Prepare yourself well for the first three days.

We know there will be temptations but think about your reasons for stopping and the best ways to overcome your cravings.

Try to take time out each day to relax; remember to be kind to yourself.

When you get the urge to smoke, do something to distract yourself. Whatever distraction works for you, keep doing it - exercise, deep breathing, walking, housework or a hobby.

Be careful about drinking too much alcohol. Keep yourself busy; long empty periods may be difficult.

Finish each day by congratulating yourself for getting through the day smoke free.

**I've saved £** \_\_\_\_\_



**My reward for  
getting through  
72 hours will be:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_




You planned not to smoke and you have achieved it!


# Bright ideas ○ ○



Find something to do with your hands – fiddle with a pencil, coin, worry beads, puzzle, or send a text message or log on to [www.quityourway.scot](http://www.quityourway.scot)



If you need to put something in your mouth, try sugar-free chewing gum or something healthy and non-fattening, such as a carrot.



Text CALL to Quit  
Your Way Scotland  
on 83434 and an  
adviser will ring you  
back with some  
support.

Try drinking fruit  
juice or eating fruit  
when you feel like a  
cigarette - something  
that changes your  
routine and provides  
a different taste  
in the mouth.

Why not save your  
cigarette money?  
A few smoke-free  
months could buy  
you a holiday.

**Call Quit Your Way Scotland free on  
0800 84 84 84. It's open Monday to  
Friday, 8 am to 10 pm, and Saturday  
and Sunday, 9 am to 5 pm. Or try a  
webchat with an adviser on [www.  
quityourway.scot](http://www.quityourway.scot) if you need support.**

'I'm still worried  
about putting  
on weight.'

## **Why do some smokers put on weight when they stop?**

- Nicotine reduces feelings of hunger, so you feel hungrier when you stop smoking.
- Nicotine speeds up the rate at which your body burns calories so you may find that you don't burn calories as quickly as before.
- Food will start tasting better so you eat more.
- Most people who stop smoking tend to eat more calories. Most of these are taken as snacks between meals.



## Here are a few simple tips:

- Avoid snacks such as biscuits and cakes. Try fruit, breadsticks, crackers or oatcakes instead.
- At mealtimes, eat lean red meat, chicken or fish (preferably not fried) instead of sausages or bacon, and include lots of fruit and vegetables.
- Reduce alcohol consumption (alcohol is high in calories).
- Your stop smoking medication may delay any possible weight gain while you are taking it. You could focus your attention on quitting smoking now, or instead you may find it easier to make healthy lifestyle changes all at once.

**become  
more  
active**





# Dos and don'ts



## **Do** think positively

There will be times when you feel tired and tempted to give in. Remember your reasons for stopping you listed on page 7. Be positive. If you remain positive and motivated, the temptation will pass.



## **Don't** play games

One favourite is 'one cigarette won't hurt' or 'I'll just have one to prove I've kicked it'. The occasional cigarette will reawaken the craving. Recognise these games for what they are - a weakening of your resolve. Stamp on them firmly.

## **Do** take care

After the first few weeks, especially if you've done well, your friends may stop encouraging you and even forget you've stopped. This period is crucial. Don't become complacent and get into difficult situations. Use your common sense and remain vigilant. You've used your motivation to stop, and you'll be able to use this same motivation and determination to stay stopped.

# A new life

When you haven't smoked for a few months, this could be a good time to look at other issues, including diet and weight. Use your new confidence and energy to make the other changes you want. Stopping smoking could be the beginning of a new life.

You have  
become a  
non-smoker.  
Well done!

## **What if I have a smoke?**

It's not the end of the world. Often smokers stop several times before finally succeeding. Have a break, don't feel guilty, and when you are ready, try again.

## **How long does it take to become a non-smoker?**

When you first stop smoking, you still think of yourself as a smoker. When stressed, your automatic reaction is still to want a cigarette. However, time changes this (although it can still be possible to be caught 'off guard' so it's always good to remain careful). Smokers often say that the worst is over in three months.

One day you will wake up and realise that you went the whole of the previous day without even thinking about cigarettes. When this happens, you have made it.

# Quit Your Way Scotland

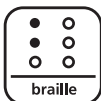
Quit Your Way Scotland is staffed by trained advisers, who will be able to give you expert advice, as well as help you get booked into or get in touch with your local **Quit Your Way services**. Call Quit Your Way Scotland on **0800 84 84 84**. It's free and open Monday to Friday, 8 am to 10 pm, and Saturday and Sunday, 9 am to 5 pm.

**[www.quityourway.scot](http://www.quityourway.scot)**

This website offers information and advice to stop smoking. Try the interactive web chat with trained support staff.

Text **QUIT** to 83434 to be sent some information.

This resource may also be made available on request in the following formats:



 **0131 314 5300**

 **[nhs.healthscotland-alternativeformats@nhs.net](mailto:nhs.healthscotland-alternativeformats@nhs.net)**

**[www.healthscotland.scot](http://www.healthscotland.scot)**