

What
I can do
to stop
smoking



Talk with someone

This can be a community or social services worker, your doctor, your pharmacist or just a person you trust.

It helps with:



Learning about what works best



Getting linked to a service like phone support



Finding the closest place for products to help with stopping smoking

Talking with a Quitline advisor can double your chance of stopping smoking successfully.

A large, textured olive-green graphic featuring the silhouettes of two people facing each other in conversation. The text 'Share tips on what helps' is written in a yellow, handwritten-style font in the center of the graphic.

Share
tips on
what
helps

You can call Quitline on 13 7848.

Reasons for stopping smoking

Everyone is different. It helps to think about what you're looking forward to when you stop smoking.

Why do people stop smoking?



Save money more than \$500 a month if you smoke 20 cigarettes a day



Take control back from cigarettes



Relieve stress and improve mental health



Exercise more easily



Be a role model to friends and children



Be free from the hassle of running out of cigarettes



Get healthier



Help their body to fight off infections

My reasons:

know your triggers

Some of the most common reasons why people smoke are:

Addiction: to satisfy the craving for nicotine or a cigarette.

Habit: feeling like smoking while doing things or taking a break – like watching TV or having a coffee.

Emotions: feeling stressed, upset, angry, frustrated, bored or happy.

Pleasure: to enjoy something even more or as a reward.

Social pressure: feeling part of the crowd, bonding with other smokers.

These usually trigger cravings to smoke. Knowing them can help you figure out ways to change trigger situations.

When do you smoke?



Having coffee



With mates



After food



Watching TV



With alcohol



When you're
angry, stressed
or bored



Other emotions?



Other times?

Quitline advisors can help you think about your triggers differently:

Quitline: 13 7848

www.quititas.org.au/arrange-callback

Getting through cravings

Cravings are the urge or desire to smoke. They can happen long after withdrawal symptoms have gone.

Cravings to smoke usually weaken after a few minutes.

How do I reduce them?

Use alternatives: like nicotine replacement products or prescription medications

Change your environment:

find at least one smokefree area for yourself, or remove cigarettes and ashtrays from your room.

Try positive 'self-talk': like reminding yourself of your main reasons to stop smoking.

Talk with someone: about how you're feeling.

Make new routines that help

Smoking habit

Routine change

First thing in the morning

Have a shower

After lunch/dinner

Go walking

With alcohol/coffee

Change to a different drink

With another smoker

Use gum or drink from a water bottle

Just before bed

Have a warm drink

Use the 4Ds



Delay going out for a smoke



Deep breathing



Do something else: take your mind off smoking by taking action – put on some music, go for a walk, or call someone you can talk to.



Drink water

What might work for you?



Free phone support

If you are finding stopping smoking difficult, or are a heavy smoker, you're not alone!

Talking with a Quitline advisor can **double your chance** of stopping smoking successfully.

Your best chance of stopping smoking:

Get some support like:



a Quitline advisor



your doctor



website or SMS service



Use nicotine replacement products (e.g. patches, lozenge, mouth spray) or prescription medication (e.g. Champix).

What is Quitline?

Quitline is a friendly and non-judgemental phone counselling service.

Your call is **confidential**. This means you don't have to give your name if you don't want to.

Our advisors are trained experts and understand that stopping smoking is challenging and that most people will try a number of times before they stop smoking for good.

How do I call?

The fastest way to get started is to call **13 7848**.

You can arrange Quitline to call you for free by letting us know you would like us to call you back:

[*www.quittas.org.au/arrange-callback*](http://www.quittas.org.au/arrange-callback)

Or you, a worker or doctor can fill out a referral and send it off by fax:

[*www.quittas.org.au/quitline-referral*](http://www.quittas.org.au/quitline-referral)

What happens on the phone?

A typical first call to Quitline takes around 10-20 minutes. It covers:



How long you've been smoking



Why you want to stop



Understanding why you smoke



Managing stress



Advice: on ways to stop smoking and how to use products

Then an advisor works with you to figure out how they can help in future calls.

Advisors are trained in cultural awareness.

Quitline also uses **interpreter services** for people from non-English speaking backgrounds.

Products to help stop smoking

Dealing with the cravings of withdrawal is easier by using:

nicotine replacement products

like patches, lozenge or mouth spray

or

prescription medications

Champix (varenicline) and Zyban (bupropion)

Some of these are available at a much **lower cost** through the **Pharmaceutical Benefits Scheme** if you have a script from your doctor. They are safe and can be used by people with mental health conditions, after consulting with their GP.

Nicotine replacement products are available from pharmacies, supermarkets and other stores.

How do they work?

Nicotine replacement products replace some of the nicotine you usually get from cigarettes. This helps reduce cravings.

They work best with people who show any signs of nicotine addiction, like:



you smoke your *first cigarette* within 30 minutes of waking up



you're smoking *over 10 cigarettes* a day



you have *cravings and withdrawal symptoms* when you try to quit.



Champix (varenicline) and **Zyban** (bupropion) will reduce cravings.

These medications **must be discussed with your doctor** as they are not suitable for everyone. A doctor can advise you on how they work and whether they're suitable for you.



Did you know: the cost of patches is about \$6 with a concession card and a script from your GP?

What's available at low cost



Patches

Available on the general PBS schedule:

- **nicotine 25 mg/ 16 hours patch**
(28 Nicorette 16hr Invisipatch)
- **nicotine 21 mg/ 24 hours patch, 28** (Nicabate P)
- **nicotine 21 mg/ 24 hours patch, 28** (Nicotinell Step 1)
- **nicotine 14 mg/ 24 hours patch, 28** (Nicotinell Step 2)
- **nicotine 7 mg/ 24 hours patch, 28** (Nicotinell Step 3)

Other patches available on the Repatriation PBS.

Aboriginal and Torres Strait Islander people with the Closing the Gap Co-payment can access the following at no cost with concession:

- **nicotine 25 mg/16 hours patch**
(28 Nicorette 16hr Invisipatch)
- **nicotine 21 mg/24 hours patch, 28** (Nicabate P)
- **nicotine 21 mg/24 hours patch, 28** (Nicotinell Step 1)

How they work:

Applied to a clean, unbroken, dry and hairless skin of the thigh, arm or chest. The nicotine is absorbed through the skin and enters the bloodstream.



Champix (varenicline)

Works on the reward centre in the brain where it reduces the symptoms of withdrawal. It also blocks nicotine in the brain, reducing the rewarding effects of smoking.



Zyban (bupropion)

Nicotine free tablets work on the chemicals in the brain by helping to reduce the symptoms of nicotine withdrawal and the cravings for cigarettes.

What's available generally



Gum

This is not like ordinary gum. It is chewed slowly until there is a peppery taste, and then placed (parked) between your cheek and gum. It is left alone until the taste ends, then chewing is repeated. Nicotine will enter through the lining of the mouth.



Lozenges

These dissolve quickly with nicotine being absorbed through the lining of the mouth.



Mouth spray

Relieves cravings faster than other NRT products, and is used by spraying into the inside of the cheek or under the tongue. The spray is used when a cigarette would normally be smoked.



Inhalator

Releases nicotine into the mouth when you inhale. The nicotine then enters through the lining of the mouth and enters the bloodstream.



Patches

Other strengths and brands are available.

Remember:

The best chance to stop smoking = support (e.g. Quitline, your doctor) + nicotine replacement products (e.g. patches, lozenge, mouth spray) or prescription medication (e.g. Champix)

All the products for stopping smoking are safer than smoking

Take them for the full time as described on the product packaging

Some can be used together
e.g. patches and lozenges



If you smoke 15 or more cigarettes per day and you choose nicotine replacement products, you are more likely to stop smoking if you use the patch plus another nicotine replacement product at the same time (e.g. lozenge, gum).

Want to know more?

Talk with your doctor about:

Products available

Side effects: If you feel any after taking them

Other medications: How stopping smoking may impact them

Get help to stop smoking

How to get low cost support and products to help you stop smoking:

- 1** *Talk to your doctor* about what product could work best for you. Get a script.
- 2** *Take your script to a pharmacy* for your product.
- 3** *Call Quitline 13 7848* or let us know if we can call you back: www.quittas.org.au/arrange-callback

*"... if you start saying
I can do this, you will."*

Matt says he hasn't smoked for seven years,
used to smoke thirty a day.

*"If I could do it,
anyone can do it."*

Cheryl says she smoked for over forty years,
last cigarette 12 December 2012, now a proud
and happy non-smoker.

Check out more stories at [www.quittas.org.au/
success-stories](http://www.quittas.org.au/success-stories)

Learn from others:



Like us on Facebook at Quit Tasmania

Tools to help with stopping smoking at www.quit.org.au



QuitCoach



QuitTXT

Quitline®
13 7848

