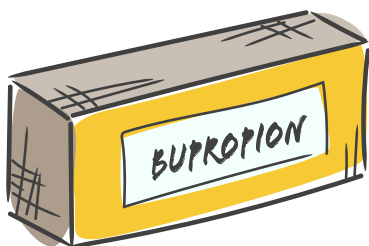


PRODUCTS TO HELP YOU QUIT

Quitting Medications

Available **ONLY** with a prescription from your doctor.



Bupropion



Varenicline

*These products are not recommended for people who are pregnant or breastfeeding.

 **Quitline®**
13 7848

Quit smoking products combined with support from a service like Quitline (13 7848) will increase your chance of a successful quit attempt.

quittas.org.au

Quit Tasmania is a program of Cancer Council Tasmania and supported by the Department of Health.



PRODUCTS TO HELP YOU QUIT

Nicotine Replacement Therapy (NRT)

These products replace nicotine in your body making quitting easier.

All products below can be purchased from chemists and some supermarkets.



Patch

Apply to skin (non-hairy area).

Cheaper with a prescription from your doctor.

Using a patch and at least one other NRT product below is best.

Mouth Spray



Spray inside cheek or under your tongue.

Nicotine Gum



Chew slowly for a minute or so, then park in the side of the mouth. Repeat as needed until there is no taste.

Nicotine Lozenge



Place in the side of the mouth, or under the tongue, allowing lozenge to dissolve slowly.



NB: People who are pregnant or breastfeeding, or concerned about how the products interact with other medications they are taking, should consult with a doctor before using NRT products.

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