

# 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 do not 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

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A full-body photograph of a man standing against a background of blue and purple geometric shapes. He is wearing a beige V-neck sweater over a collared shirt, blue denim 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**

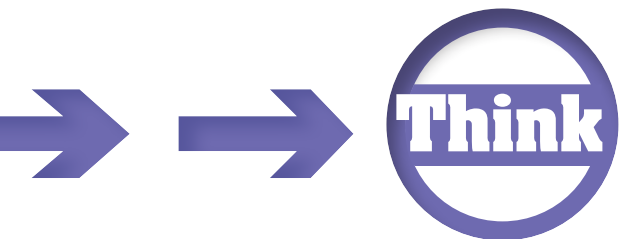
**Way to freedom**



**You can do it!**

We're ready to help you.  
If you've tried to quit before  
and not succeeded, try  
again when you're 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 use the money I save to spend on other things.
- It's more sociable to be smoke free these days.
- I want my clothes to smell fresh and free from stale smoke.
- I do not 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.

A woman with long dark hair is walking from left to right. She is wearing a light blue denim shirt over a pink and white striped top, bright blue jeans, and olive green boots. She has a large orange leather bag slung over her shoulder. The background is a vibrant pink with a blue and white geometric pattern on the right side.

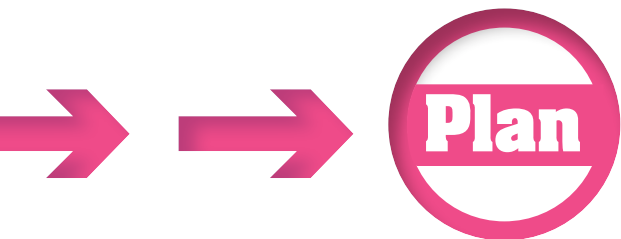
# Preparing

**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're 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**







# 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 45.

A close-up photograph of a hand holding a cigarette that has just been broken in two. The cigarette is held between the thumb and index finger. The broken end is on the left, and the other end is on the right. The cigarette is white with a gold filter. The ash is falling away from the broken end. The background is a light 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're 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're about to stop smoking you may suddenly think of lots of problems. This is completely normal.

**For example:**

**'This is not the right time.'**

There are times when it may be more difficult to stop, for example, when you're 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 do not, and some may even lose weight. The typical amount of weight gain is small compared to the health benefits of stopping smoking.

## **‘I have not 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!



# Stopping

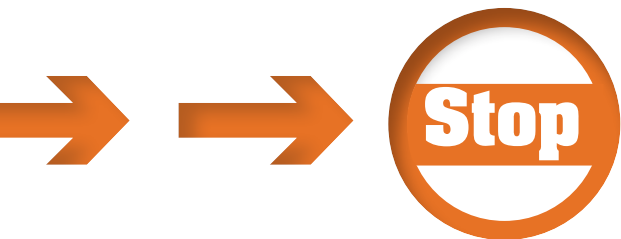


- what can help

**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, your options if you do not 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 more likely to succeed. Stopping smoking with other people's help can also make a difference.



# Stop-smoking medications

As opposed to willpower alone, you're more likely to give up if you use your local NHS Stop Smoking Service combined with stop smoking medication. This medication is known as nicotine replacement therapy (NRT).

All NHS stop smoking medication and support in Scotland is free.

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.

Your local Quit Your Way adviser will help you decide the best treatment for you.

## **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 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.



**Microtab** - 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.



## **What if I want to use a vape (e-cigarette) to stop smoking?**

The evidence on vaping (e-cigarettes) as a smoking cessation tool is still emerging. 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 vaping (e-cigarettes) compared with stop-smoking medications (see pages 26-32) is mixed. If you want to quit using a vape (e-cigarette), then you can 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. Vapes (e-cigarettes) are not currently available on prescription in Scotland.

# Stopping: what to expect

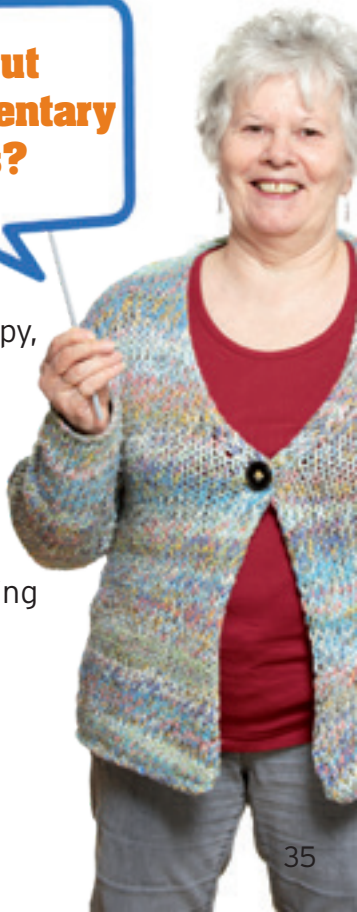
You may experience withdrawal symptoms when you stop smoking. You might feel slightly irritable, restless or low in mood. You might find it difficult to concentrate or have an increased urge to smoke.

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 cannot 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.

If you feel you really cannot 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 cannot 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 short brown hair and a beard, wearing a blue and brown striped sweater over a black collared shirt and blue jeans, is smiling and holding a silver signpost. The signpost has a blue speech bubble at the top containing the text 'What about other forms of tobacco?'.

**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 smoking today!

**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're 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're 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.

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



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**Staying**

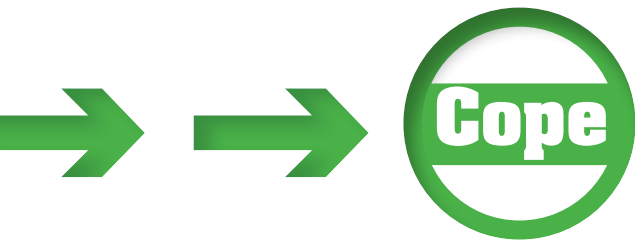


**stopped**

**You've arrived**



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



## **Managing withdrawal symptoms and stress**

You may get withdrawal symptoms even if they're 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 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:**

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**You planned not to smoke and you've achieved it!**


# Bright ideas . . .




Find something to do with your hands - fiddle with a pencil, coin, worry beads, puzzle, 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 banana.



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



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



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.

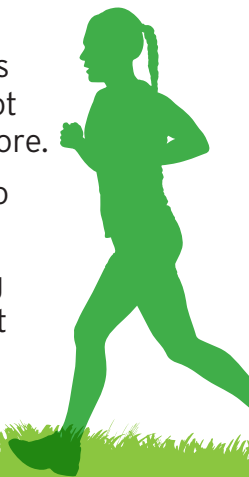
Call Quit Your Way Scotland **free** on  
**0800 84 84 84**. It's open Monday  
to Friday, 9 am to 5 pm. Or try a  
webchat (subject to availability)  
with an adviser on  
**[www.quityourway.scot](http://www.quityourway.scot)** if you  
need support.

'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 do not 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.

## **Do not** 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. Do not 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 have not 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, do not feel guilty, and when you're 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, 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.





Translations



Easy read



BSL



Audio



Large print



Braille

Translations and other formats are available on request at:



**phs.otherformats@phs.scot**



**0131 314 5300**

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