



# Cleveland Clinic

## TIPS FOR QUITTING TOBACCO

### **Treatment exists for helping people to quit tobacco<sup>i,ii</sup>**

1. Nicotine replacement (e.g., patches, gum, lozenges, inhaler, nasal spray) – delivers nicotine in smaller doses to prevent physical withdrawal after you quit tobacco
2. Bupropion (Wellbutrin or Zyban) – a medication that does not contain nicotine. Helps reduce tobacco cravings and suppress appetite as well as addressing any depression or irritability
3. Varenicline (Chantix) – a medication that does not contain nicotine and helps reduce tobacco cravings and physical withdrawal
4. Counseling – often provided by a healthcare provider to provide support and specific strategies to help you quit and stay tobacco free
5. Call 1-800-QUIT-NOW or go to [www.smokefree.gov](http://www.smokefree.gov); For *Forever Free* relapse-prevention booklet, go to [www.smokefree.gov/resources.aspx](http://www.smokefree.gov/resources.aspx)

### **Steps to help you quit tobacco<sup>iii</sup>**

1. Set a quit date
2. Tell others and ask for support
3. Consider the possible benefit from medication to assist your quit effort; consult your physician
4. Anticipate and plan for challenges & temptations
5. Remove all tobacco products (including matches, lighters, ashtrays)
6. Emphasize complete abstinence

### **Strategies to quit tobacco & cope with cravings & withdrawal**

- ❖ Visualize something you enjoy (e.g., playing with children or grandchildren) – or better yet, engage in a pleasurable alternative activity!
- ❖ Spend time in relaxation and deep breathing. Take long, slow, deep breaths in through your nose and out through your mouth. As you breath in, picture a balloon expanding in your belly. As you exhale, picture the balloon releasing the air.
- ❖ Wait out the craving...distract yourself by keeping busy in some way other than tobacco (clean, work in the yard, chew gum, take a nap, go to bed early, exercise, swim, crafts or hobbies, talk to a support, take a walk).
- ❖ Get away from the trigger (e.g., get up from the computer or dinner table, leave the party or other situation, don't linger over coffee).



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- ❖ Talk to yourself: use encouraging phrases about your ability to withstand cravings and reinforcing phrases about the decision to quit tobacco. Also, remind yourself why you want to quit, why you do not want to go back, and what is in store for you if you do!
  - Smoking is no longer an option in my life!
  - This will pass.
  - I want to be healthy for my (future) children and grandchildren.
  - I am bigger and better than the old smoking me.
  - I know that if I smoke just one cigarette, I'll start smoking again.
  - The craving will go away whether or not I smoke.
  - Look at all the money I am able to save by not smoking. I can use it to reward myself for a job well done once I quit.
  - I don't want to undo the good that I have done so far.
  - I want to quit for my health.
  - If I live until 80, then I will start smoking again. (Note: I like to think this is a "delay" technique and that once you get there, you would continue to choose not to smoke.)
  - Smoking is a poison to my body, I need my body to live, and I owe my body this respect and protection.
- ❖ Shake up your routine. For example, use the phone in a different room than when you used tobacco or keep your hands busy while on the phone. Have your morning coffee "to go."
- ❖ Spend time in places that prohibit tobacco use (movies, library, many restaurants).
- ❖ Spend more time with other nonsmokers. Enlist your supports for encouragement and call on them when you have a craving.
- ❖ Exercise! Notice the feedback your body is giving you.

<sup>1</sup> Cropley, M., Theadom, A., Pravettoni, G., & Webb, G. (2008). The effectiveness of smoking cessation interventions prior to surgery: A systematic review. *Nicotine & Tobacco Research*, 10 (3), 407-412.

<sup>2</sup> Wilson, J. A., Romagnuolo, J., Byrne, T. K., Morgan, K., & Wilson, F. A. (2006). Predictors of endoscopic findings after Roux-en-Y gastric bypass. *American Journal of Gastroenterology*, 101, 2194-2199.

<sup>3</sup> Fiore, M. & Baker, T. (2011). Treating smokers in the health care setting. *The New England Journal of Medicine*, 365 (13), 1222-1231.