



- Personalized quit plan
- Tips to help family/friends quit
- Translation in more than 130 languages
- TTY service at 1-888-857-6555 for the hearing impaired

### HIGHLIGHTS OF THE HELPLINE INCLUDE

QuitNow By Phone is a confidential, free helpline. It is available around the clock and is staffed by specially trained CareCoaches who are there to listen and to provide support and guidance.

Call the helpline **QuitNow By Phone** Dial **8-1-1** and ask for **QuitNow By Phone**



**You Decide When. We'll Show You How.**

## TXT QuitNow on Your Cellphone

Quitnow By TXT is a 14-week mobile texting service designed to provide smokers who plan to quit within the next 30 days, and those who have recently quit, with helpful tips and motivational support. This service is available to all BC residents at no additional cost to you, but standard message/data rates may apply.

### HIGHLIGHTS OF QUITNOW BY TXT INCLUDE:

- Access by texting the word 'JOIN' to 654321 or by setting up a personal profile at quitnow.ca.
- TXT keywords to trigger specific messages related to problem situations

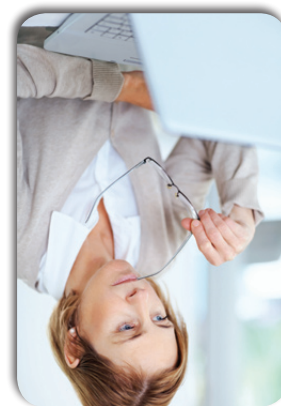


# QuitNow

## WITH NICOTINE PATCH

## AND NICOTINE GUM

THE  LUNG ASSOCIATION™  
British Columbia



- Community Forums for peer support
- Track your Quit Stats
- Self-Assessment Tools
- Expert counsellors to answer your questions

### HIGHLIGHTS OF QUITNOW ONLINE INCLUDE:

QuitNow Online is an internet-based quit smoking service available free-of-charge for all British Columbians. Increase your odds of success by joining an online community that is there for you around the clock. QuitNow Online can be accessed free from any computer by completing our online registration form at quitnow.ca.

Click online at **www.quitnow.ca**

YOU DECIDE WHEN. WE'LL SHOW YOU HOW. QUITNOW. YOU DECIDE WHEN. WE'LL SHOW YOU HOW. QUITNOW. YOU DECIDE WHEN. WE'LL SHOW YOU HOW. QUITNOW.

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# Nicotine Patch

## Advantages of using the nicotine patch:

- Easiest to use of the available NRT
- Useful for heavier smokers who need steady release of nicotine

## Dosing for the patch:

- Dosing should be individualized depending on your needs
- The Habitrol® patch should be applied and left on the skin for 24 hours per day. Other patch products may be different

Number of cigarettes per day	First Month Weeks 1-4	Month 2 Weeks 5-8	Month 3 Weeks 9-12
	Dose of Patch		
More than 10	Start with Step 1: 21 mg	May choose to continue or step down to lower strength (Step 2: 14 mg)	May choose to continue or step down to lower strength (Step 3: 7 mg)
10 or fewer	Start with Step 2: 14 mg	May choose to continue or step down to lower strength (Step 3: 7 mg)	May choose to continue or stop using the patch

## Using the nicotine patch properly:

- Open the patch wrapper immediately prior to usage
- Remove the old patch prior to putting on the new one
- Safely dispose of the old patch, away from pets and children
- Peel the liner off the back of the new patch
- Place on a non-hairy, clean, dry area of skin such as the upper arm, hip, back or shoulder. Females should avoid placing the patch on their breasts
- Press firmly for 10-20 seconds
- Wash hands after applying

## Possible side effects of the patch:

- Local skin reactions
- Headaches
- Cold or flu-like symptoms
- Sleep problems and abnormal dreams
- Dizziness

## Reducing the side effects of the patch:

- Mild itching, burning, and tingling are normal in the first hour of wearing the patch
- Rotate the skin site everyday. Do not use the same skin site for at least a week
- do not cut the patch
- Remove the patch 2 hours before strenuous exercise, scuba diving, using saunas or hot tubs

## Nicotine Replacement Therapy (NRT)

NRT helps you deal with cravings (also called nic fits or withdrawal symptoms) and allows you to focus on changing your behaviour. Once you have become used to life without tobacco, you can then gradually reduce your NRT dosage until you no longer need it.

**WARNING: Stop using gum or patch immediately and call 8-1-1 or see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.**

Please speak with your pharmacist or physician prior to starting the nicotine patch or gum if the following apply to you:

- Pregnant or breastfeeding
- Being treated for any serious heart condition
- Heart attack or stroke within last 2 weeks
- Require kidney dialysis
- Use any prescribed medication regularly
- Less than 15 years of age

# Nicotine Gum

## Advantages of using the nicotine gum:

- Good for occasional smokers to manage cravings or stress
- Can be used to reduce-to-quit, replacing cigarettes with nicotine gum

## Possible side effects of the nicotine gum:

- Mouth, throat, or gum irritation
- Nausea & stomach upset
- Jaw ache
- Hiccups
- Headache

## Reducing side effects of the gum:

- Use the gum correctly
- Mix the NRT gum with regular gum to improve texture
- Rinse the mouth with water after gum use to decrease mouth sores

## Using nicotine gum properly:

- Not like normal gum. Must use bite-park technique
- Avoid acidic food/drinks 15 minutes before using the gum
- Bite gum twice
- Park the gum by resting it up against the cheek for 1 minute
- Repeat the "bite/park" routine for 30 minutes
- It takes 15-30 minutes for gum to start working so use the gum prior to when you think you will need it

## Determine the most appropriate dose of gum to start:

- Dosing should be individualized depending on your needs
- 2 mg gum is for people who smoke 25 or fewer cigarettes per day
- 4 mg gum is for people who smoke more than 25 cigarettes per day

## Determine Number of Gum Pieces/Day

Number of cigarettes per day	First Month		Month 2	Month 3*
	Weeks 1-2	Weeks 3-4	Weeks 5-8	Weeks 9-12
Dose of Gum (number of pieces per day)				
20 or more	20	15	10	5
15-19	16	12	6	3
11-14	12	9	5	3
Less than 11	10	8	4	2

\*Stop using the gum when you are using 1-2 pieces of gum per day.