

Continuing Nicotine Replacement Therapy at Home

Congratulations! You are on your way to being a non-smoker

Facts about Nicotine Replacement Therapy (NRT)¹

- Nicotine from other sources such as patches, inhalers, gum or lozenges (NRT) enters the body slower and at a much smaller dose than smoking.
- The NRT provides nicotine into the body without the harmful chemicals found in cigarette smoke.
- This is less likely to raise your heart rate or blood pressure than smoking. It is safe to use patches if you have heart disease and it is always safer to use patches than it is to smoke.
- If you use enough NRT, smoking should become less enjoyable, so make sure you use more NRT to help with cravings, not less.
- Continue to use NRT for at least 8-12 weeks or as directed by your doctor.
- It is also safe to use more than one NRT product at the same time. Example: patch, gum, lozenge, inhaler.



Here are some tips to help you stay smoke free¹

- Eating breakfast will help with cravings, so can eating a small dessert after a main meal.
- Doing some exercise can help with cravings, so can drinking less coffee.
- Drinking less alcohol can increase your chances of successfully quitting.
- Make your house and car smoke free, and avoid being around other smokers.
- Changing routines that you normally associated with smoking can help you decrease your daily cigarette intake.

If you continue to have urges or cravings, use more NRT not less and seek support from your doctor or Quitline.

If you smoke one or a few cigarettes, you have not failed.

Continue the program as planned. Don't give up!

If you would like more information:

- Call Quitline 13 7848 or visit <http://www.quitnow.gov.au/>
- Download the 'My QuitBuddy' app on your smartphone to track your progress
- See your local doctor, pharmacist or healthcare provider when you are at home
- Addiction Services also offers free face-to-face counselling and advice to smokers in Brisbane, you can contact them for more information:

Inala 07 3275 5300
Cleveland 07 3825 6060
Logan Central & Browns Plains 07 3089 4084

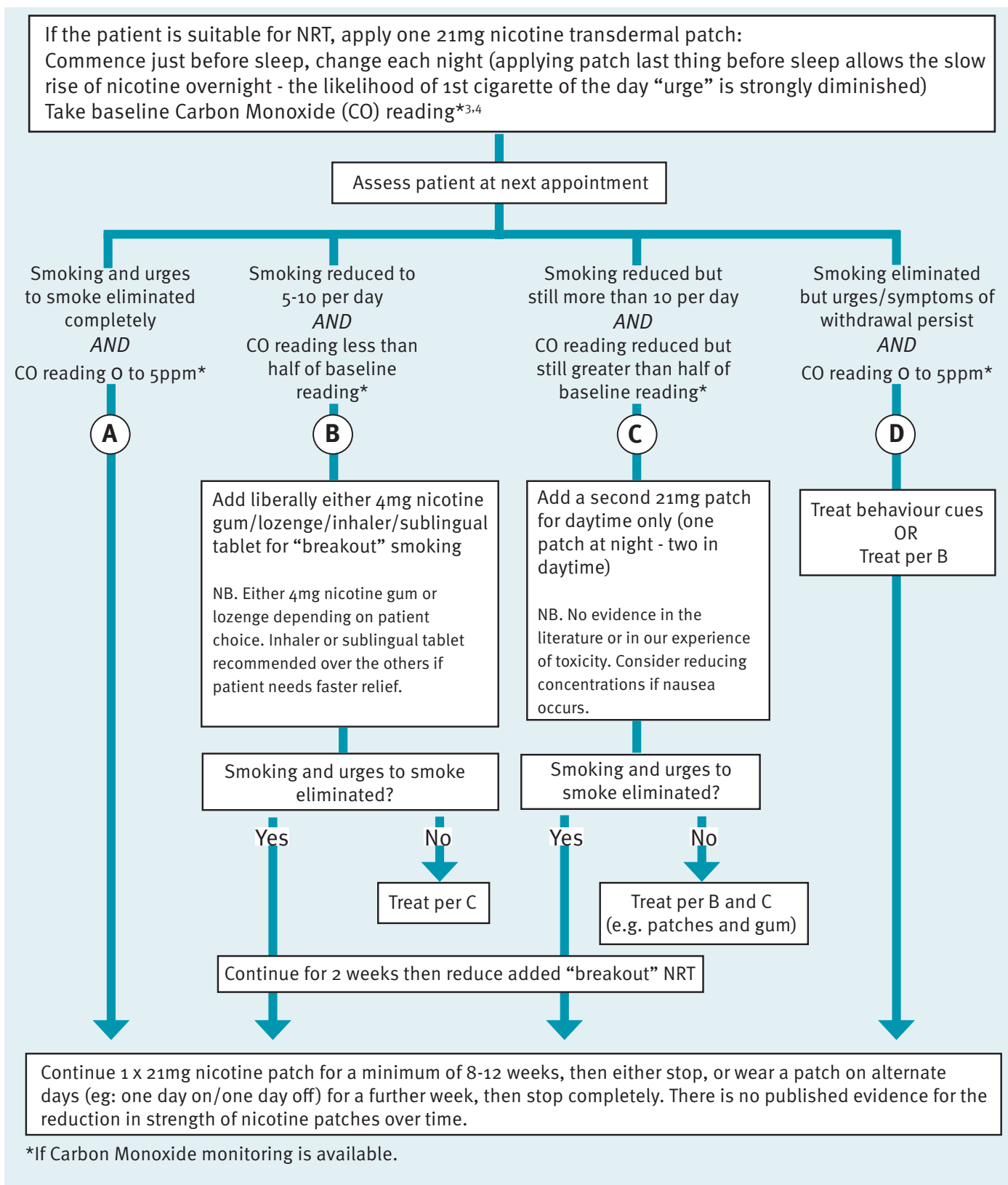
Aboriginal and Torres Strait Islander Support:
<http://quit.nosmokes.com.au/>

On the back of this page is a brief summary to assist your GP in supporting your quit smoking journey

Disclaimer: The information contained in this brochure is intended to support not replace discussions with your doctor or health care professional.

GP Follow-up

Your patient commenced Nicotine Replacement Therapy (NRT) during their latest clinic visit or hospital admission. To ensure continued care, please refer to the below algorithm which describes best practice for the use of NRT. For more information about NRT, combination therapy or smoking cessation brief intervention, please visit the RACGP guidelines: <http://www.racgp.org.au/guidelines>²



References:

1. Statewide Clinical Respiratory Network Queensland Government Metro South Health. My Smoke Free Action Plan. 2014 March [cited February 2016]. Available from: http://paweb.sth.health.qld.gov.au/executive/comms/brochure_library/documents/resp-smoking-cessation.pdf
- 2 RACGP Supporting smoking cessation: a guide for health professionals (www.racgp.org.au/your-practice/guidelines/smoking-cessation/)
3. Bittoun, R. (2006) A combination nicotine replacement therapy (NRT) algorithm for hard to treat smokers. Journal of Smoking Cessation (1)1:3-6
4. Edward et al. Breath carbon monoxide as an indication of smoking habit. Chest 2000; 117:758-763

