

Chart with...

**.CCStopSmoking** SmartPhrase®

1. **Ask** if patient is trying to quit/cut down
2. **Advise** (flip card)
3. **Refer** for support
  - Quitline – 1-800-QUIT-NOW
  - Texting– text **'QUIT'** or **'GO'** to **47848**
4. **Prescribe** medication
  - varenicline – single most effective medication
  - nicotine patch in combination with 1 or more short-acting NRTs
  - bupropion plus patch
  - one NRT: patch; lozenge; gum; inhaler; nasal spray
  - bupropion only
5. **Track time** (3-10 minutes; >10 minutes)

Patch dosage based on cigarettes per day (CPD)\*

Patch dose	# CPD
14 mg	<10
21 mg	≥10

\*for inpatients, consider higher dosages to reduce withdrawal symptoms (up to 42 mg for ≥ 40 CPD)

For best results, pair the nicotine patch with one or more of these short-acting NRTs:

**GUM AND LOZENGE:** 2 mg; 4 mg  
Use 4 mg if >20 CPD or 1st cigarette is within 30 minutes of waking.  
**INHALER:** 4 mg (10 mg cartridge)  
**NASAL SPRAY:** 10 mg/ml

Chart with...

**.CCStopSmoking** SmartPhrase®

1. **Ask** if patient is trying to quit/cut down
2. **Advise** (flip card)
3. **Refer** for support
  - Quitline – 1-800-QUIT-NOW
  - Texting– text **'QUIT'** or **'GO'** to **47848**
4. **Prescribe** medication
  - varenicline – single most effective medication
  - nicotine patch in combination with 1 or more short-acting NRTs
  - bupropion plus patch
  - one NRT: patch; lozenge; gum; inhaler; nasal spray
  - bupropion only
5. **Track time** (3-10 minutes; >10 minutes)

Patch dosage based on cigarettes per day (CPD)\*

Patch dose	# CPD
14 mg	<10
21 mg	≥10

\*for inpatients, consider higher dosages to reduce withdrawal symptoms (up to 42 mg for ≥ 40 CPD)

For best results, pair the nicotine patch with one or more of these short-acting NRTs:

**GUM AND LOZENGE:** 2 mg; 4 mg  
Use 4 mg if >20 CPD or 1st cigarette is within 30 minutes of waking.  
**INHALER:** 4 mg (10 mg cartridge)  
**NASAL SPRAY:** 10 mg/ml

Chart with...

**.CCStopSmoking** SmartPhrase®

1. **Ask** if patient is trying to quit/cut down
2. **Advise** (flip card)
3. **Refer** for support
  - Quitline – 1-800-QUIT-NOW
  - Texting– text **'QUIT'** or **'GO'** to **47848**
4. **Prescribe** medication
  - varenicline – single most effective medication
  - nicotine patch in combination with 1 or more short-acting NRTs
  - bupropion plus patch
  - one NRT: patch; lozenge; gum; inhaler; nasal spray
  - bupropion only
5. **Track time** (3-10 minutes; >10 minutes)

Patch dosage based on cigarettes per day (CPD)\*

Patch dose	# CPD
14 mg	<10
21 mg	≥10

\*for inpatients, consider higher dosages to reduce withdrawal symptoms (up to 42 mg for ≥ 40 CPD)

For best results, pair the nicotine patch with one or more of these short-acting NRTs:

**GUM AND LOZENGE:** 2 mg; 4 mg  
Use 4 mg if >20 CPD or 1st cigarette is within 30 minutes of waking.  
**INHALER:** 4 mg (10 mg cartridge)  
**NASAL SPRAY:** 10 mg/ml

Chart with...

**.CCStopSmoking** SmartPhrase®

1. **Ask** if patient is trying to quit/cut down
2. **Advise** (flip card)
3. **Refer** for support
  - Quitline – 1-800-QUIT-NOW
  - Texting– text **'QUIT'** or **'GO'** to **47848**
4. **Prescribe** medication
  - varenicline – single most effective medication
  - nicotine patch in combination with 1 or more short-acting NRTs
  - bupropion plus patch
  - one NRT: patch; lozenge; gum; inhaler; nasal spray
  - bupropion only
5. **Track time** (3-10 minutes; >10 minutes)

Patch dosage based on cigarettes per day (CPD)\*

Patch dose	# CPD
14 mg	<10
21 mg	≥10

\*for inpatients, consider higher dosages to reduce withdrawal symptoms (up to 42 mg for ≥ 40 CPD)

For best results, pair the nicotine patch with one or more of these short-acting NRTs:

**GUM AND LOZENGE:** 2 mg; 4 mg  
Use 4 mg if >20 CPD or 1st cigarette is within 30 minutes of waking.  
**INHALER:** 4 mg (10 mg cartridge)  
**NASAL SPRAY:** 10 mg/ml

---

**Pointers for brief advice:**

1. I'm confident you can do it!
  2. Quitting tobacco can help you...
    - ⇒ faster healing/less risk of infection after surgery
    - ⇒ better response to chemotherapy medications
    - ⇒ fewer and less severe side effects/faster recovery after chemotherapy and radiation
    - ⇒ reduce risk of recurrence or secondary cancer
    - ⇒ live longer, better pain control, more energy
  3. Meds are covered by most insurance! Self-pay? We can apply for PAP (Chantix/nicotine inhaler).
  4. Free text message/phone support is available!
  5. If one approach doesn't work, we'll try another.
- 

**If patient does not want to quit:**

- Empathize: It's the worst and the best time to quit-worst because you lose a coping strategy; best because quitting helps beat cancer
  - Let us know when you're ready. We will ask you again because we care.
- 

**If patient wants to quit: practical advice:**

- Make the house smoke free
  - Identify alternatives to smoking
  - Reinforce reasons to quit
- 

---

**Pointers for brief advice:**

1. I'm confident you can do it!
  2. Quitting tobacco can help you...
    - ⇒ faster healing/less risk of infection after surgery
    - ⇒ better response to chemotherapy medications
    - ⇒ fewer and less severe side effects/faster recovery after chemotherapy and radiation
    - ⇒ reduce risk of recurrence or secondary cancer
    - ⇒ live longer, better pain control, more energy
  3. Meds are covered by most insurance! Self-pay? We can apply for PAP (Chantix/nicotine inhaler).
  4. Free text message/phone support is available!
  5. If one approach doesn't work, we'll try another.
- 

**If patient does not want to quit:**

- Empathize: It's the worst and the best time to quit-worst because you lose a coping strategy; best because quitting helps beat cancer
  - Let us know when you're ready. We will ask you again because we care.
- 

**If patient wants to quit: practical advice:**

- Make the house smoke free
  - Identify alternatives to smoking
  - Reinforce reasons to quit
- 

---

**Pointers for brief advice:**

1. I'm confident you can do it!
  2. Quitting tobacco can help you...
    - ⇒ faster healing/less risk of infection after surgery
    - ⇒ better response to chemotherapy medications
    - ⇒ fewer and less severe side effects/faster recovery after chemotherapy and radiation
    - ⇒ reduce risk of recurrence or secondary cancer
    - ⇒ live longer, better pain control, more energy
  3. Meds are covered by most insurance! Self-pay? We can apply for PAP (Chantix/nicotine inhaler).
  4. Free text message/phone support is available!
  5. If one approach doesn't work, we'll try another.
- 

**If patient does not want to quit:**

- Empathize: It's the worst and the best time to quit-worst because you lose a coping strategy; best because quitting helps beat cancer
  - Let us know when you're ready. We will ask you again because we care.
- 

**If patient wants to quit: practical advice:**

- Make the house smoke free
  - Identify alternatives to smoking
  - Reinforce reasons to quit
- 

---

**Pointers for brief advice:**

1. I'm confident you can do it!
  2. Quitting tobacco can help you...
    - ⇒ faster healing/less risk of infection after surgery
    - ⇒ better response to chemotherapy medications
    - ⇒ fewer and less severe side effects/faster recovery after chemotherapy and radiation
    - ⇒ reduce risk of recurrence or secondary cancer
    - ⇒ live longer, better pain control, more energy
  3. Meds are covered by most insurance! Self-pay? We can apply for PAP (Chantix/nicotine inhaler).
  4. Free text message/phone support is available!
  5. If one approach doesn't work, we'll try another.
- 

**If patient does not want to quit:**

- Empathize: It's the worst and the best time to quit-worst because you lose a coping strategy; best because quitting helps beat cancer
  - Let us know when you're ready. We will ask you again because we care.
- 

**If patient wants to quit: practical advice:**

- Make the house smoke free
  - Identify alternatives to smoking
  - Reinforce reasons to quit
-