

Your tobacco treatment plan

Staying tobacco-free will help you heal faster and improve your health.

Making the most out of your medication

- Medication curbs urges to use tobacco
- It doubles your chances of staying quit
- Most effective: use at least 12 weeks
- Use short-acting NRT every hour

My medications

- Nicotine patch
- Nicotine lozenge
- Nicotine gum
- Nicotrol Inhaler
- Nicotrol Nasal Spray
- Varenicline (Chantix)
- Bupropion Hcl

Support after discharge

Ongoing support/counseling doubles chances of quitting.

Sources of support

- Your free state tobacco quitline (1-800-QUIT NOW or **1-800-784-8669**)
- SmokefreeTXT—free (**text QUIT to 47848**)
- Other sources: _____

Change your environment

- Get rid of cigarettes, ashtrays and lighters
- Clean your home, car and clothes
- Discuss goals with family and friends

Other changes I will make

Dealing with difficult situations and urges

- Think about what worked in the past
- Try new ways to handle stress
- Change your routine to break old habits
- Distract yourself, take deep breaths
- Avoid alcohol, coffee and other triggers

Other ways I will prepare for urges

What should you do if you slip

- Forgive yourself
- Learn from your mistakes and keep trying
- Keep taking your tobacco medication
- Remind yourself why it's important to quit

Other ways I will recover if I slip

Reward yourself

- Reward yourself often
- Spend money saved on something special

How and when I will reward myself

