



Tobacco Cessation

Patient Instruction Sheet

The Do's and Don'ts

Quitting tobacco is a very difficult decision. The following recommendations are some suggestions to help you quit.

Do's

- ✓ Find out what triggers your tobacco use. Keep a journal of when and why you are smoking, for example, you just finished a meal and want one.
- ✓ Ask for help — healthcare providers such as nurses, doctors, respiratory therapists, pharmacists, and others can help you.
- ✓ Ask about tobacco cessation programs and ways to quit.
- ✓ Ask your healthcare provider about medications that may help and if they are right for you.
- ✓ Look for support and encouragement — join a program, see a counselor or gather family support.
- ✓ Avoid difficult situations while you are trying to quit smoking
- ✓ Try to lower your stress level by doing things that you enjoy i.e., exercise, a craft or hobby.
- ✓ Begin to change your environment and your habits — avoid places where you usually smoke.
- ✓ Set a quit date — inform your family and friends of the date and ask for their support.
- ✓ The day before you quit, throw away ash trays, clean your home, get the inside of your car cleaned, wash your clothes.
- ✓ Save the money you would be spending on tobacco and treat yourself at different times for your success - get a massage, go out to dinner.

Don'ts

- ✓ Be afraid to talk about your feelings or fears of not being able to quit.
- ✓ Smoke while using nicotine patch or gum.
- ✓ Miss your healthcare appointments.
- ✓ Get yourself into stressful or difficult situations, which can lead you to smoke.
- ✓ Drink alcohol while you are trying to quit smoking.
- ✓ Attend functions where you will be with people who are smoking.
- ✓ Give up — if you fail, try again. Practice makes perfect!