

YOU CAN

QUIT SMOKING

RESOURCE GUIDE

MICHIGAN TOBACCO QUITLINK

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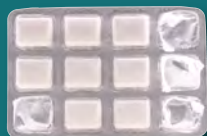
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TREATMENT	HOW TO GET	HOW TO USE	PROS / CONS	NOTES
PATCH 	OVER THE COUNTER or PRESCRIPTION	REPLACE PATCH ONCE DAILY	✓ Easy to use ✓ Few side effects × Less flexible dosing × Slow nicotine release	
GUM 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 24 pieces per day	✓ Fast nicotine release ✓ Flexible dosing × Lots of chewing × Can't eat or drink 15 mins before or during use	
LOZENGE 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 20 lozenges per day	✓ More nicotine than gum ✓ Flexible dosing × Can cause nausea × Can't eat or drink 15 mins before or during use	
NASAL SPRAY 	PRESCRIPTION	SPRAY ONCE IN EACH NOSTRIL* Up to 40 doses per day (80 sprays/day or 10 sprays/hour)	✓ Fastest nicotine delivery ✓ Flexible dosing × Frequent use necessary × Can cause nose & throat irritation	
INHALER 	PRESCRIPTION	5-20 MIN SESSIONS THROUGHOUT THE DAY* Up to 16 cartridges per day	✓ Keeps hands busy ✓ Flexible dosing × Frequent use necessary × Can cause mouth & throat irritation	
MEDICATION VARENICLINE BUPROPION 	PRESCRIPTION	USE AS DIRECTED BY YOUR DOCTOR	✓ Easy to take pill ✓ Can be combined with other treatments* × Possible side effects	

TREATMENT OPTIONS QUICK GUIDE



HBOM

LOZENGE

STEP 1

Select your strength.*

4 mg

If you smoke **within** 30 mins of waking up

2 mg

If you smoke **more than** 30 mins after waking up

STEP 2

Slowly dissolve the lozenge in your mouth (between cheek and gums), while occasionally moving it from one side of your mouth to the other. The lozenge will take approximately **10-20 minutes** to fully dissolve. Do not chew or swallow.

STEP 3

Reduce usage over time.*

Use 1 lozenge every...

1-2 hours

Weeks 1-6

2-4 hours

Weeks 7-9

4-8 hours

Weeks 10-12

24 hours

Weeks 13-14

PATCH

STEP 1

Select your starting dose.*

21 mg

If you smoke **more than** 10 cigarettes per day

14 mg

If you smoke **10 or less** cigarettes per day

7 mg

STEP 2

Place the patch on a clean, dry, hairless spot on your upper body or outer arm. Press for **10 seconds**.

STEP 3

Replace patch every **16-24 hours**.

STEP 4

Reduce dosage over time.*

21 mg

Weeks 1-6

14 mg

Weeks 7-8

7 mg

Weeks 9-10

PRESCRIPTION ONLY

NASAL SPRAY

STEP 1

Blow your nose to clear it. Prime pump with 6-8 sprays prior to first use.



1 dose = 2 sprays (one in each nostril)

STEP 2

Tilt your head back and spray once in each nostril while breathing through your mouth. Avoid sniffing or inhaling. Wait 2-3 minutes before blowing your nose.

STEP 3

Reduce dosage over time.*

Start with 1-2 doses per hour



Weeks 1-8



Weeks 9-10



Weeks 11-12

Gradually reduce to zero

GUM

STEP 1

Select your strength.*

4 mg

If you smoke **more than** 25 cigarettes per day

2 mg

If you smoke **25 or less** cigarettes per day

STEP 2

Choose a flavor. There are many options!



Fruit



Mint



Ice



Cinnamon

STEP 3

Chew slowly until the taste becomes strong or tingles, place the gum between your cheek and gums for 1 minute or until tingle is gone. Repeat this **chew and park** method for **30 minutes**.



Chew



Park

STEP 4

Use the gum whenever you have the urge to smoke as part of a quit immediately or quit gradually plan.*

INHALER

STEP 1

Insert a cartridge into inhaler. Push and twist mouthpiece back on.



This option helps keep your hands busy!

STEP 2

Puff in short breaths through the mouthpiece like you are sipping from a straw. Cartridges last for about **20 minutes** of active use, but this can be broken up into multiple shorter uses.

STEP 3

When the cartridge is empty, remove from the inhaler and discard.

STEP 4

Reduce usage over time.*

6-16 cartridges per day

Weeks 1-12

Reduce gradually

Weeks 13-24

* Consult your doctor to determine the appropriate treatment options and dosing.