

YOUR NICOTINE ADDICTION TREATMENT PLAN



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**OTTAWA MODEL
FOR SMOKING CESSATION**

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE

YOUR PLAN INCLUDES FIVE STEPS

STEP 1 | SET YOUR GOAL

STEP 2 | REVIEW YOUR MEDICATION OPTIONS

STEP 3 | CHOOSE YOUR SUPPORT

STEP 4 | PREPARE FOR CHANGE

STEP 5 | STAY ON TRACK



Quitting smoking is the
single most important thing
you can do for your health!

THE BENEFITS OF QUITTING ARE IMMEDIATE

- **WITHIN 8 HOURS** | Your body's oxygen levels go back to normal.
- **WITHIN 48 HOURS** | Your chances of having a heart attack go down, and your sense of taste and smell start to get better.
- **WITHIN 72 HOURS** | Your lung function gets better, making it easier for you to breathe.
- **WITHIN 2 WEEKS TO 3 MONTHS** | Blood and oxygen move better throughout your body.
- **WITHIN 6 MONTHS** | Coughing, tiredness, sinus congestion and shortness of breath all decrease.
- **WITHIN 1 YEAR** | Your risk of a heart attack drops to half of that of a smoker.
- **WITHIN 10 YEARS** | Your risk of dying from lung cancer drops to half of that of a smoker.
- **WITHIN 15 YEARS** | Your risk of dying from a heart attack becomes the same as a person who has never smoked.



STEP 1 | SET YOUR GOAL

Choose the date you want to stop smoking/vaping or you want to start reducing how much you smoke/vape.



**THE DAY YOU PLAN
TO QUIT OR START
REDUCING:**

(DAY / MONTH / YEAR)



**THE DAY YOU
PLAN TO START
MEDICATION:**

(DAY / MONTH / YEAR)



YOUR PLAN FOR SUCCESS

It is important to be prepared for when and where you may feel like having a smoke, a vape, or other nicotine products.

WHAT DO YOU **LIKE** ABOUT SMOKING/VAPING? _____

WHAT DO YOU **NOT LIKE** ABOUT SMOKING/VAPING? _____

WHEN AND WHERE DO YOU USE TOBACCO/VAPING DEVICES/NICOTINE PRODUCTS? (CIGARETTES, CIGARS, CHEW, ETC.) _____

WHAT CAN YOU DO TO **AVOID** THESE PLACES? _____

WHAT ARE YOUR **TRIGGERS** TO SMOKE/VAPE? _____

WHAT CAN YOU DO **INSTEAD**? _____

STEP 2 | REVIEW YOUR MEDICATION OPTIONS

Medications can **double** or **triple** your chance of success. There are **four types of medication** that can help you quit or reduce smoking/vaping:

1 | NICOTINE REPLACEMENT THERAPY (NRT) | PAGES 6 - 11

Types: patch, inhaler, gum, lozenge and mouth spray.

NRT gives your body nicotine without exposing it to 7000+ chemicals found in cigarette smoke. It helps reduce withdrawal symptoms, such as cravings to smoke, anxiety, headaches, and difficulty concentrating.

Often two or more types of NRT are used together. The type, amount, and length of NRT treatment can be changed to meet your needs.

2 | VARENICLINE | PAGE 14

Varenicline comes as a pill and is available with a prescription. It helps reduce nicotine cravings and takes away the satisfaction you get from smoking.

Varenicline may be started 8-35 days before your quit date.

Brand names: Champix® and Chantix®

3 | BUPROPION SR | PAGE 15

Bupropion SR is another pill option available with a prescription. It also helps reduce nicotine cravings and withdrawal symptoms.

Bupropion SR should be started at least 7 days before your quit date.

Brand name: Zyban®

4 | CYTISINE | PAGE 16

Cytisine is an over-the-counter natural product that comes as a capsule. It helps reduce nicotine cravings and withdrawal symptoms.

Cytisine should be started 5 days before your quit date.

Brand name: CRAVV®

IT IS NORMAL TO EXPERIENCE **WITHDRAWAL SYMPTOMS AND CRAVINGS** WHILE QUITTING.



SYMPTOMS MAY INCLUDE: headache, dizziness, feeling anxious or fidgety, difficulty concentrating and changes in your mood.

If you are unsure whether you are experiencing a medication side effect or a symptom of nicotine withdrawal, contact your healthcare professional.



Smoking cessation has never been more important... and with thoughtful planning and assistance, chances of success increase significantly!

PATCH | LONG ACTING FOR ALL DAY



HOW TO USE IT:

- Put patch on a clean, dry, non-hairy area of your body (e.g. arm, back, or abdomen).
- Replace your patch every day.
- Remove the old patch before putting on a new one.
- The patch slowly releases nicotine into your body and should start to take effect within 1 to 2 hours.

POSSIBLE SIDE EFFECTS:

- Headache
- Trouble sleeping/strange dreams
- Dizziness
- Nausea
- Skin irritation
- Stomach upset

Note: If you are unsure whether you are experiencing a patch side effect or a symptom of nicotine withdrawal, contact your healthcare professional.

STRATEGIES TO ADDRESS MOST COMMON SIDE EFFECTS:



TROUBLE SLEEPING?

- Remove patch about 1 hour before bedtime.
- Keep short-acting NRT nearby to help with cravings through the night and first thing in the morning.



SKIN IRRITATION?

- Apply the patch to a new spot every day, try a different brand of patch, or use topical “cortisone” cream.

Do not consider reducing the dose of patch until you have been smoke-free for at least 6 weeks.

COST PER BOX | \$20 - \$40 • COST PER DAY | \$3 - \$7

SHORT ACTING NRT CAN BE ADDED TO THE PATCH AT ANY TIME TO HELP BETTER MANAGE YOUR CRAVINGS.



LONG ACTING
Patch

+



SHORT ACTING
Inhaler, Gum, Lozenge, Mouth Spray

IF YOU **SMOKE** **RECOMMENDED PATCH TREATMENT**

40+ CIGARETTES PER DAY **42mg** (21mg + 21mg patches) daily -- **first 6 weeks** or longer.
35mg (21mg + 14mg patches) daily -- **next 2 weeks** or longer.
28mg (21mg + 7mg patches) daily -- **next 2 weeks** or longer.
21mg patch daily -- **next 2 weeks** or longer.
14mg patch daily -- **next 2 weeks** or longer.
7mg patch daily -- **next 2 weeks** or longer.

30-39 CIGARETTES PER DAY **35mg** (21mg + 14mg patches) daily -- **first 6 weeks** or longer.
28mg (14mg + 14mg patches) daily -- **next 2 weeks** or longer.
21mg patch daily -- **next 2 weeks** or longer.
14mg patch daily -- **next 2 weeks** or longer.
7mg patch daily -- **next 2 weeks** or longer.

20-29 CIGARETTES PER DAY **21mg** patch daily -- **first 6 weeks** or longer.
14mg patch daily -- **next 2 weeks** or longer.
7mg patch daily -- **next 2 weeks** or longer.

10-19 CIGARETTES PER DAY **14mg** patch daily -- **first 6 weeks** or longer.
7mg patch daily -- **next 4 weeks** or longer.

LESS THAN 10 CIGARETTES PER DAY **7mg** patch daily -- **first 6 weeks** or longer.

If you smoke **within 30 minutes of waking up**, consider adding a 7mg patch or short acting NRT to your starting dose.

RULE OF THUMB: REPLACE EACH CIGARETTE WITH 1MG OF NRT

INHALER | SHORT ACTING FOR CRAVINGS

HOW TO USE IT:

- Take **small puffs** into your mouth and hold for a few seconds.
- **DO NOT INHALE** – Nicotine from the inhaler is absorbed by your mouth, not your lungs. Inhaling may give you throat burn.
- Puff as needed until your cravings are gone.
- It may take **5 mins or longer** for the medication to take effect.



POSSIBLE SIDE EFFECTS:

- Mouth/throat irritation
- Headache
- Nausea



**ONE INHALER CARTRIDGE IS ABOUT
THE SAME AS SMOKING 1-2 CIGARETTES**

If using **more than 10 cartridges per day**, consider adding a **7 mg patch** to your current NRT dose (see table on page 7).

COST PER BOX | \$34 - \$48 • **COST PER DAY | \$6 - \$7**



GUM | SHORT ACTING FOR CRAVINGS



HOW TO USE IT:

- Chew slowly a few times and **then stop chewing**. You may taste the nicotine or feel tingling.
- “Park” the piece between cheek and gums. **“Park” it for longer than you chew** or until the tingling is gone.
- After 1 minute, **repeat**.
- “Park” the piece of gum in a different place in your mouth each time.
- Repeat the cycle for 5 to 30 mins or until craving passes. Throw piece of gum after 30 minutes.

POSSIBLE SIDE EFFECTS:

- Nausea
- Mouth soreness
- Hiccups
- Clings to dental work
- Jaw pain

IF YOU SMOKE YOUR FIRST CIGARETTE:



AFTER 30 MINUTES of waking up | USE 2mg GUM

WITHIN 30 MINUTES of waking up | USE 4mg GUM

**LESS CHEWING
MORE “PARKING”**



**TO AVOID AN
UPSET STOMACH**

If using **more than 10 pieces of gum per day**, consider adding a 7 mg patch to your current NRT dose (see table on page 7).

COST PER BOX | \$15 - \$48 • **COST PER DAY** | \$3 - \$7

LOZENGE | SHORT ACTING FOR CRAVINGS

HOW TO USE IT:

- Put the lozenge in your mouth and **let it dissolve** over 20 to 30 mins. Occasionally move it side to side.
- Do not chew or swallow the lozenge.
- Use each lozenge until craving passes.
- It may take 5 mins or longer for the medication to take effect.



POSSIBLE SIDE EFFECTS:

- Nausea
- Headache
- Heartburn
- Coughing
- Hiccups

IF YOU SMOKE YOUR FIRST CIGARETTE:



AFTER 30 MINUTES of waking up | USE 1 or 2mg LOZENGE

WITHIN 30 MINUTES of waking up | USE 2 or 4mg LOZENGE

LOZENGES ARE AVAILABLE IN 1mg, 2mg & 4mg DOSES

If using more than 10 lozenges per day, consider adding a 7 mg patch to your current NRT dose (see table on page 7).

COST PER BOX | \$15 - \$47 • COST PER DAY | \$3 - \$8

MOUTH SPRAY | SHORT ACTING FOR CRAVINGS

HOW TO USE IT:

- **For first use**, point away from your face and press down on the pump to prime.
- **Spray under your tongue** or on the inside of your cheek.
- **Avoid inhaling or swallowing** for a few seconds after you spray.
- It may take **1 min or longer** for the medication to take effect.



POSSIBLE SIDE EFFECTS:

- Headache
- Changes in taste
- Nausea
- Mouth tingling
- Vomiting
- Hiccups

**DO NOT SPRAY
MORE THAN ONCE
EVERY 15 MINUTES.**



**DO NOT EXCEED
64 SPRAYS
PER DAY.**



**DO NOT INHALE OR TAKE
A BREATH WHILE SPRAYING**

If you feel you need **more than 64 sprays per day**, consider adding a 7 mg patch to your current NRT dose (see table on page 7).

COST PER BOX | \$25 - \$47 • COST PER DAY | \$11 - \$18

IF YOU ARE REDUCING

SET A GOAL



I WOULD LIKE TO CUT BACK THE AMOUNT I SMOKE FROM:

_____ CIGARETTES PER DAY TO _____ CIGARETTES PER DAY

STARTING ON: _____

DAY / MONTH / YEAR

STRATEGIES FOR ACHIEVING YOUR GOALS



Start to eliminate one cigarette each day in the order of what would be easiest to give up.



Increase the amount of **time in between each cigarette.**



Try **“practice” quits** by picking certain days and going half or all day without smoking.



Ban smoking in certain places (e.g., your house, your car).



ONCE YOU HAVE ACHIEVED YOUR GOAL AND WANT TO CUT BACK FURTHER, SET A NEW GOAL.

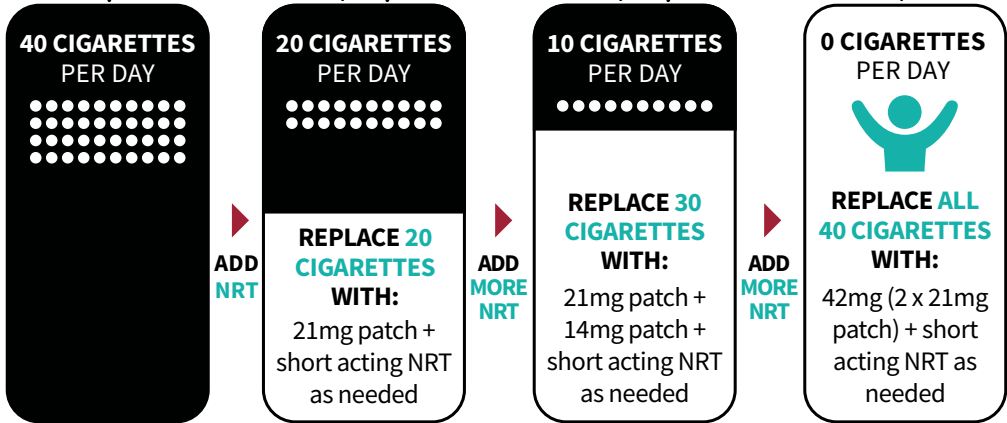


REPLACE EACH CIGARETTE WITH 1MG OF SHORT AND/OR LONG ACTING NRT

REDUCING EXAMPLES

IF YOU SMOKE **40 CIGARETTES** PER DAY AND WANT TO REDUCE:

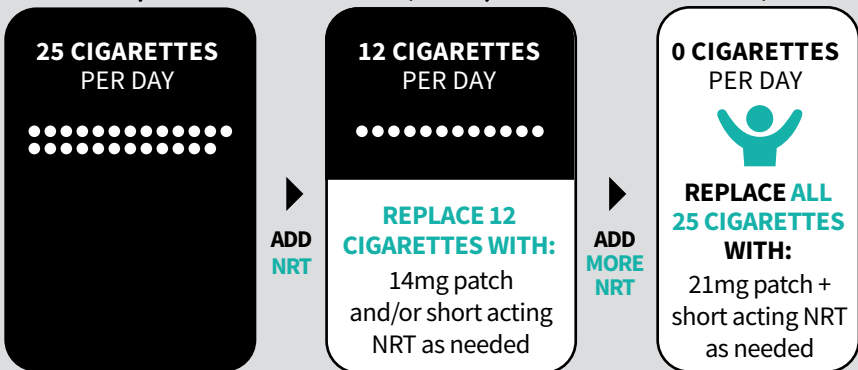
··· REDUCE BY **HALF** ··· ··· REDUCE BY **HALF** ··· ··· REDUCE TO **QUIT** ···



Once you are down to zero cigarettes, proceed to follow patch treatment on page 7.

IF YOU SMOKE **25 CIGARETTES** PER DAY AND WANT TO REDUCE:

··· REDUCE BY **HALF** ··· ··· REDUCE TO **QUIT** ···



Once you are down to zero cigarettes, proceed to follow patch treatment on page 7.

AS YOU REDUCE THE NUMBER OF CIGARETTES YOU SMOKE,
INCREASE THE AMOUNT OF NRT YOU USE.

VARENICLINE | PRESCRIPTION MEDICATION

DAYS 1-3 | BREAKFAST | One 0.5mg tablet

DAYS 4-7 | BREAKFAST | One 0.5mg tablet

DINNER | One 0.5mg tablet (at least 8 hours after breakfast dose)

WEEKS 2-12 | BREAKFAST | One 1mg tablet

DINNER | One 1mg tablet (at least 8 hours after breakfast dose)

Usually taken for 12 weeks – can be taken for up to 24 weeks.

HOW TO USE IT:

- Take pill **after a meal** with a full glass of water.
- Your dosage can be reduced to address side effects.
- You can use over-the-counter anti-nausea medication if nausea persists.
- If you forget to take your medication, you can take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.
- Do not engage in potentially dangerous tasks (e.g. operating machinery) until you are sure this medication doesn't make you drowsy.

POSSIBLE SIDE EFFECTS:

- Nausea
- Abnormal dreams
- Trouble sleeping
- Gas
- Vomiting
- Headache
- Altered/depressed mood
- Allergic reaction (rare)
- Constipation

Note: If you or your family notice changes in behaviour that are not normal for you (e.g. agitation, depressed mood), or if you have an allergic reaction, stop taking the medication and contact your healthcare provider immediately.

YOU CAN START TAKING VARENICLINE 8-35 DAYS BEFORE YOUR QUIT DATE

BRAND NAMES: Champix® and Chantix®

COST PER BOX | \$70 - \$127 / 1-month supply • **COST PER DAY** | \$2 - \$5

BUPROPION SR | PRESCRIPTION MEDICATION

DAYS 1-3 | BREAKFAST | One 150mg tablet

DAYS 4 - WEEK 12 | BREAKFAST | One 150mg tablet

DINNER | One 150mg tablet (at least 8 hours after
breakfast dose)

Usually taken for 12 weeks – can be taken for up to 24 weeks.

HOW TO USE IT:

- Your dosage can be reduced to address side effects.
- If you forget to take your medication, you can take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.

POSSIBLE SIDE EFFECTS:

- Trouble sleeping
- Dry mouth
- Nausea
- Constipation
- Anxiety
- Altered mood
- Change in taste
- Palpitations
- Shakiness
- Seizures (rare)

Note: If you or your family notice changes in behaviour that are not normal for you (e.g. agitation, depressed mood), or if you have an allergic reaction, stop taking the medication and contact your healthcare provider immediately.

START TAKING BUPROPION AT LEAST 7 DAYS BEFORE YOUR QUIT DATE

BRAND NAME: Zyban®

COST PER BOX | \$63 - \$90 / 1-month supply • **COST PER DAY** | \$2 - \$3

CYTISINE | OVER-THE-COUNTER MEDICATION

DAYS 1-3 | Take one capsule **6 times a day, every 2 hours**

DAYS 4-12 | Take one capsule **5 times a day, every 2.5 hours**

DAYS 13-16 | Take one capsule **4 times a day, every 3 hours**

DAYS 17-20 | Take one capsule **3 times a day, every 5 hours**

DAYS 21-25 | Take one capsule **1-2 times a day, every 6 hours**

HOW TO USE IT:

- Take capsule as directed by the dosing schedule on the package.
- When you start taking this medication, reduce the number of cigarettes you smoke each day.

POSSIBLE SIDE EFFECTS:

- Nausea
- Upset stomach
- Sleep disturbances

Note: If you are unsure whether you are experiencing a cytisine side effect or a symptom of nicotine withdrawal, contact your healthcare professional.

START TAKING CYTISINE 5 DAYS BEFORE YOUR QUIT DATE

BRAND NAME: CRAVV®

COST PER BOX | \$66 / 25-day supply • **COST PER DAY** | \$0.35 - \$2.15



HOW MUCH WILL YOU SAVE?

IF YOU QUIT SMOKING 1 PACK A DAY,
YOU COULD SAVE OVER **\$5500 PER YEAR**

$$\frac{\# \text{ PACKS PER WEEK}}{\text{---}} \times \frac{\$ \text{ PER WEEK}}{\text{---}} \times 1 \text{ WEEK} = \$$$

.....

$$\times 4 \text{ WEEKS} = \$ \text{ / MONTH}$$

.....

$$\times 12 \text{ MONTHS} = \$ \text{ / YEAR}$$

.....

$$\times 5 \text{ YEARS} = \$$$

E-CIGARETTES/VAPING

EVIDENCE FOR USING E-CIGARETTES AS A SMOKING CESSATION TOOL IS LIMITED



Vaping devices heat a liquid (i.e. e-juice) to produce vapour that can be inhaled. Even though no combustion happens, unlike with traditional cigarettes, **heating vape liquids still produces harmful chemicals.**

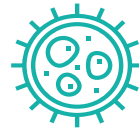
E-juices **usually contain** vegetable glycerine or propylene glycol, flavouring, and nicotine.

Some vaping devices use pod systems and look like USB sticks. **Pod system vaping devices**, known as **pod vapes**, use concentrated e-juice cartridges (i.e. pods). Some pod vapes (e.g. JUUL) deliver significantly more nicotine than traditional e-cigarettes or cigarettes.

HEALTH RISKS ASSOCIATED WITH VAPING



Long term health effects of vaping and inhaling flavouring additives are still unknown.



Vapers who do not use tobacco seem to have a **lower risk** of developing cancers caused by tobacco products.



Vaping **should be avoided** by anyone who does not smoke.



Cases of severe lung injury/illness have been **linked to vaping.**



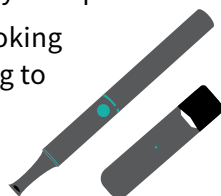
Those who vape should **keep an eye out** for symptoms of lung illness.

GUIDANCE FOR VAPING CESSATION/REDUCTION

- There are currently no evidence-based methods to quit vaping.
- There are **two types of vapers**: “**EXCLUSIVE VAPERS**” and “**DUAL USERS**”

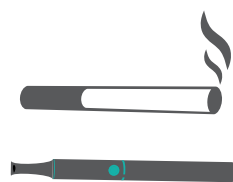
“EXCLUSIVE VAPERS” ONLY USE VAPING DEVICES

- **Advice:** do not return to smoking cigarettes. Try to reduce the nicotine content of your e-juice and how often you vape.
- **Treatment:** use combination NRT or other smoking cessation medication + behavioural counselling to reduce or quit vaping.
- **Note:** for those using pod vapes, a higher initial dose of NRT may be required.



“DUAL USERS” USE VAPING DEVICES AND TRADITIONAL CIGARETTES

- **Advice:** quit cigarettes first. Try to reduce the nicotine content of your e-juice and how often you vape.
- **Treatment:** use combination NRT or other smoking cessation medication + behavioural counselling to reduce or quit cigarettes. Once you have quit cigarettes, continue using combination NRT + behavioural counselling to reduce or quit vaping.
- **Note:** for those using pod vapes, a higher initial dose of NRT may be required.



REFER TO PAGE 7 (PATCH DOSE) AND PAGE 13 (REDUCTION) FOR GUIDANCE ON NRT USE.

STEP 3 | CHOOSE YOUR SUPPORT

YOU ARE **NOT ALONE!**

QUIT SMOKING FOLLOW-UP PROGRAM

If you are enrolled in the Quit Smoking Follow-up Program, on specific days you will get a short call or email that will ask you basic questions about how you are doing. If you need help, a nicotine addiction treatment specialist will call you back.

FOLLOW-UP APPOINTMENT WITH YOUR HEALTHCARE PROVIDER (OR AT CLINIC)

Please come back and see me. My name is _____.

Date/Time: _____.

DAY / MONTH / YEAR

If you can't make your appointment, call _____.

OTHER HEALTHCARE PROVIDER SUPPORT

If you have general questions about your medications or your quit attempt, call your nicotine addiction treatment specialist, or visit your local pharmacist or other healthcare provider for more information and guidance.

QUIT LINES

Quit lines provide support over the telephone or online. See page 29 to find support in your area.

OTHER COMMUNITY RESOURCES



**TAKING PART IN FOLLOW-UP
SUPPORT GREATLY INCREASES
YOUR CHANCES OF QUITTING**

STEP 4 | PREPARE FOR CHANGE

BEFORE YOU START

- Let your friends, family and co-workers know that you are quitting or cutting back and that you would appreciate their support.
- Make your car and home smoke-free zones.
- If using NRT, **review pages 6 - 11.**
- If taking varenicline, **review page 14.**
- If taking bupropion SR, **review page 15.**
- If taking cytisine, **review page 16.**
- Think of different ways to reward yourself for staying 'smoke-free'.

THE DAY BEFORE YOUR QUIT DATE



Most find it helpful to throw out all cigarettes, ashtrays and lighters.

ON YOUR QUIT DATE AND BEYOND



If you are using NRT, apply the patch **first thing in the morning.**



Use the nicotine inhaler, gum, lozenge or mouth spray to **help you through cravings.**



Keep yourself busy at times when you might normally smoke.



Avoid your triggers (e.g. don't go on smoke breaks with co-workers, go for a walk instead).



Drink a lot of **water.**



Avoid alcohol, as it can trigger you to smoke.



If you use cannabis, **avoid smoking it.** Consider oil and/or edible options.

CANNABIS USE

IF YOU DON'T CURRENTLY USE CANNABIS,
THERE IS NO REASON TO START.



- Long term health effects of cannabis use are still unknown.
- Cannabis use increases heart rate and blood pressure.
- Smoking cannabis is not a good idea for someone with ischemic heart disease.
- If you are going to use cannabis, don't smoke it. Try oil or edible options but be careful to follow safe dosing guidelines.
- Cannabis may interact with other medications that you are taking. Cannabis users should speak to their pharmacist or other health care provider about potential drug interactions.

CANNABIS USE AND QUITTING SMOKING



Cannabis use can make quitting tobacco more difficult. **It can be a trigger for tobacco use.**



Using cannabis with other substances (e.g. alcohol) can also **make quitting tobacco more difficult.**



If you are trying to quit tobacco, **avoid mixing tobacco and cannabis together.**



IF USING CANNABIS, FOLLOW CANADA'S LOWER-RISK CANNABIS USE GUIDELINES.

STEP 5 | STAY ON TRACK



DEALING WITH WITHDRAWAL SYMPTOMS AND CRAVINGS:

- Be sure to use your medication every day.
- Use short-acting NRT (gum, lozenge, inhaler, or spray) to control or prevent cravings.
- If your cravings are unmanageable, consider increasing the amount of NRT.
- **WAIT IT OUT** – cravings usually pass after 3-5 minutes.



DEALING WITH STRESS:

- **Stress affects everyone!** In the past, you may have used smoking to deal with stress. The way you manage stressful situations now will likely be different.
- **SUGGESTIONS:** be physically active every day, get enough sleep, identify your support networks (e.g. friends and family), make time for yourself.



CHANGES TO YOUR MOOD:

- When quitting smoking, your mood may change in the short-term. This is normal and usually improves within a few weeks.
- If you notice significant changes to your mood or mental health, contact your healthcare provider.



COUGHING:

- You may cough more when quitting. This happens because your lungs are clearing themselves.



MANAGING YOUR WEIGHT WHILE QUITTING:

- You may have an increase in appetite while quitting smoking. Choose healthy snacks (e.g. crunchy vegetables) and drink plenty of water.
- Creating an exercise routine (e.g. going for a 30 min walk) can help to manage your appetite and possible weight gain.

CAFFEINE AND SMOKING:

Quitting smoking can increase the effects of caffeine. If you feel unpleasant effects like “caffeine jitters”, nervousness, headaches, lack of sleep or heart palpitations, decrease how many cups of coffee, tea or cola that you drink per day **OR** try decaffeinated beverages instead.



TIPS

IF YOU HAVE A SLIP, IT'S OK! MAKE A PLAN TO GET BACK ON TRACK



TRY TO CHANGE YOUR SITUATION

Where do you smoke?
Try to avoid these
places or make sure
you have short acting
NRT available.



TAKE ACTION

Find something
else to do - dance,
sing, walk, paint,
play a sport, etc.



TALK TO YOUR CIRCLE OF CARE

Call your nicotine
addiction treatment
specialist, pharmacist,
healthcare provider,
friend, or family
member.

KEEP USING YOUR MEDICATIONS EVERYDAY

- **Combine NRT** (if not already)
- Consider **increasing dose** of NRT
- Consider a **change in your choice** of smoking cessation medication

**THE MORE TIMES YOU TRY TO QUIT,
THE MORE LIKELY YOU WILL QUIT**

WHEN YOU FEEL THE URGE TO SMOKE THINK OF THE 4 D'S



DELAY

Cravings will usually pass within 3-5 minutes, so try to delay smoking.



DRINK WATER

Drinking water helps to flush out the chemicals and toxins from your system.



DISTRACT

Occupy yourself with a task to keep your mind off smoking.



DEEP BREATHS

Deep breaths help you relax and help the cravings go away. Inhale deeply, hold for a couple of seconds, and then release slowly. Repeat.

PLAN SUMMARY

STEP 1

YOUR QUIT/REDUCE DATE (see page 2)

DAY / MONTH / YEAR

STEP 2

YOUR QUIT SMOKING MEDICATION(S) (see page 4)

Nicotine Replacement Therapy (NRT)

Patch

Inhaler

Gum

Lozenge

Mouth Spray

Varenicline

(Chantix® and Champix®)

Bupropion SR

(Zyban®)

Cytisine

(CRAVV®)

MEDICATION START DATE: _____
DAY / MONTH / YEAR

DOSING INFORMATION: _____

STEP 3

YOUR FOLLOW-UP SUPPORT (see page 20)

Quit Smoking Follow-up Program

Follow-up appointment with your healthcare provider (or at clinic)

DATE/TIME: _____
DAY / MONTH / YEAR

Other Community Resources: _____

STEP 4 & 5

PREPARING FOR CHANGE AND STAYING ON TRACK
(see page 22 and 24)

FOR MORE SUPPORT

ALBERTA | AlbertaQuits | albertaquits.ca | 1-866-710-7848

(English) 8am – 8pm MST | 7 days a week | 24/7 voicemail | Text messaging support available

BRITISH COLUMBIA | Quit Now | quitnow.ca | 1-877-455-2233

(English, French, other) | 24/7 incoming calls | Text messaging support available

MANITOBA | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | Monday to Thursday: 7am – 8pm CST | Friday: 7am – 5pm CST | Saturday & Sunday: 8am – 4pm CST | 24/7 voicemail | Text messaging support available

NEW BRUNSWICK | Go Smoke-Free NB | 1-866-366-3667

(English & French) | Monday to Friday: 8am – 4pm AST (excluding holidays) | 24/7 voicemail

NEWFOUNDLAND AND LABRADOR | Smokers' Helpline | smokershelp.net | 1-800-363-5864

(English) | Monday to Thursday: 9am – 9pm NST | Friday: 9am – 5pm NST | 24/7 voicemail | Text messaging support available

NORTHWEST TERRITORIES | NWT Quit Line | nwtquitline.ca | 1-866-286-5099

24/7 incoming calls MST

NOVA SCOTIA | Tobacco Free Nova Scotia | tobaccofree.novascotia.ca | Call 811

(English, French, other) | Live chat available | Monday to Thursday: 9am – 10pm AST | Friday: 9am – 7pm AST | Saturday & Sunday: 10am – 6pm AST

NUNAVUT | NUQuits | nuquits.gov.nu.ca | (4 official languages) | 1-866-368-7848

(English) | 24/7 incoming calls | Live Chat (English) - Monday to Friday: 9am – 9pm EST

ONTARIO | Telehealth Ontario | 1-866-797-0000 | 24-hour support | (English & French)

PRINCE EDWARD ISLAND | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | 24/7 voicemail | Text messaging support available
Monday to Thursday: 9am – 10pm AST | Friday: 9am – 7pm AST | Saturday and Sunday: 10am – 6pm AST

QUÉBEC | Ligne j'arrête! | iQuitNow! | tobaccofreequebec.ca/iquitnow

(English & French) | 1-866-527-7383 | Text messaging support available
Monday to Thursday: 8am – 9pm | Friday: 8am – 8pm, EST | 24/7 voicemail

SASKATCHEWAN | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | 24/7 voicemail | Monday to Thursday: 6am – 7pm CST | Friday: 6am – 4pm CST | Saturday and Sunday: 7am – 3pm CST

YUKON | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333 | Text messaging

support available | (English & French) | Monday to Thursday: 5am – 6:00 pm PST | Friday: 5:00 am – 3:00 pm PST | Saturday and Sunday: 6:00 am – 2:00 pm PST | 24/7 voicemail

REFERENCES

Reid et al. 2016. Managing Smoking Cessation, CMAJ. 188(17-18).

University of Ottawa Heart Institute's Titration Guidelines and Medical Directives

Canadian Cancer Society | One step at a time: For smokers who want to quit

Health Canada | On the road to quitting: Guide to becoming a non-smoker

U.S. Department of Health and Human Services | Treating tobacco use and

dependence: Clinical Practice Guideline 2008 update

SMOKING CESSATION MEDICATION MONOGRAPHS FROM

- Pfizer Canada
 - Novartis Consumer Health Canada
 - McNeil Consumer Healthcare
 - zpharm Canada
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PRIVACY

It is important to us that your personal information is kept safe.

As a part of the program, the University of Ottawa Heart Institute's Ottawa Model for Smoking Cessation (OMSC®) program collects, uses, and stores your personal information in order to provide you with support while you change your smoking behaviour; manage and evaluate the program; and comply with the law. The OMSC® program may also use your de-identified information in reports, presentations, and publications.

You can request changes to your personal information or remove yourself from the OMSC® program by contacting your health care provider's privacy office or emailing omsc@ottawaheart.ca.

For more information about the OMSC® program's privacy practices and to learn more about how we safeguard and protect your personal information please visit www.ottawamodel.ca/privacy.



OTTAWA MODEL
FOR SMOKING CESSATION

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