

# Quitting smoking and nicotine replacement therapy (NRT)



**If you make it through your first week without smoking at all, you are nine times more likely to quit for good than those who did not!**

**These are just a few of the many health benefits you could experience when you quit smoking:**

**72 hours**  
after quitting



Your breathing may become easier and your energy levels could increase

**2–12 weeks**  
after quitting



Your blood circulation can improve, which can help to make your day-to-day physical activities easier

**10 years**  
after quitting



Your risk of lung cancer falls to around half that of a smoker

**Here are some top tips to help you on your journey to a smoke-free future:**

## **1** Set yourself up for success

- **Make a list** of all the reasons why you want to stop smoking
- Think about when you are most likely to have cravings, e.g. after a meal or in social situations, and **make a plan to tackle these cravings**

## **2** Strengthen your willpower

- **Get enough sleep** to restore your focus and motivation
- **Grab a friend** and quit together. You can help to keep each other motivated
- If you smoke when you are stressed, **find other ways to relax**. You could try exercising, deep breathing or listening to your favourite song

## **3** Conquer your cravings

- **Keep busy** to resist your cravings
- **Use NRT** to help tackle nicotine cravings and withdrawal symptoms (see overleaf for more information on NRT)

## Nicotine replacement therapy (NRT)

### What is NRT?

NRT is a stop smoking treatment that contains a low level of nicotine. As nicotine is the main substance that makes cigarettes addictive, NRT can help to reduce withdrawal effects. As soon as you can (this could be after a number of weeks or months) you should reduce the use of NRT until you have stopped using it completely.

### Isn't NRT as harmful as smoking?

No! Using NRT is less harmful and easier to give up than smoking. Cigarettes contain many harmful chemicals that are not present in NRT. It is these toxic chemicals that are linked to many of the harmful effects of smoking, such as cancer. In addition, nicotine from NRT takes longer to reach the brain than the nicotine in cigarettes. This means that it is unlikely you will develop an addiction to NRT.

### How could NRT help you?

When you stop smoking, you may experience nicotine withdrawal symptoms, such as cravings, anxiety or low mood. By giving you a small dose of nicotine, NRT can help to relieve withdrawal symptoms and reduce the urge to smoke.

### Could combination NRT help you quit smoking?

Yes! Combination NRT is the use of two NRT products that give you nicotine in different ways. With combination NRT, you take nicotine as a patch AND in another way, such as an inhalator or mouthspray. The nicotine patch provides continuous symptom support throughout the day, while the additional NRT product helps to relieve sudden cravings whenever they strike.

If NRT is a suitable stop smoking treatment for you, then combination NRT could increase the chances that you will stop smoking successfully. Studies have shown that people are more likely to quit smoking if they use combination NRT rather than using one type of NRT alone.

## Motivation board

Share your motivations with your family and friends.  
They can support you along the way!

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### What types of NRT product are there?



#### Mouthspray

Can provide fast-acting relief from cravings



#### Gum

Can be used by smokers who like chewing gum to help control cravings



#### Lozenge

Can give discreet and flexible relief from cravings



#### Patch

Can provide a steady supply of nicotine throughout the day to help control cravings



#### Inhalator

Can help smokers who miss the hand-to-mouth habit of smoking



#### Microtab

Can give discreet and flexible relief from cravings, whenever needed



#### Nasal spray

Can deliver nicotine quickly to help relieve cravings rapidly

NRT is suitable for adults and children over the age of 12 who want to quit smoking.

Visit the NICORETTE® website to find out more about the different types of NRT and for more helpful tips to support you in quitting smoking

<https://www.nicorette.co.uk/>

