

Are you looking for support to stop smoking?



Types of stop smoking aids

- * Nicotine replacement therapies (NRTs) - including patches, sprays, gum and lozenges
 - * Nicotine vapes (e-cigarettes)
 - * Prescription only medicines (tablets)

Many people use quit smoking medications to help reduce withdrawal feelings and cigarette cravings.

Quit smoking medications can double your chances of quitting for good.

Types of NRT available

NRT Types	How to Get Them	How to Use Them
Patch	Over the Counter	Place on the skin Gives a small and steady amount of nicotine
Gum	Over the Counter	Chew to release nicotine Chew until you get a tingling feeling, then place between cheek and gums
Lozenge	Over the Counter	Place in the mouth like hard candy Releases nicotine as it slowly dissolves in the mouth
Inhaler	Prescription	Cartridge attached to a mouthpiece Inhaling through the mouthpiece gives a specific amount of nicotine
Nasal Spray	Prescription	Pump bottle containing nicotine Put into nose and spray

Nicotine replacement therapy (NRT) is the most commonly used family of quit smoking medications. NRT reduces withdrawal feelings by giving you a small controlled amount of nicotine - but none of the other dangerous chemicals found in cigarettes.

Vaping versus smoking

Cigarettes release thousands of different chemical when they burn, many of which are poisonous and cause serious illness. When choosing your vape it is important that you start with enough nicotine to match your cigarette use. Always using a specialist vape shop or your local stop smoking service who can advise you. Vapes are recommended for a 12 week period to help manage the cravings to smoke a cigarette.