



*Better
Together*

Patient information

Thinking About Quitting Smoking?

**Trust wide information: Royal Liverpool
Hospital Sites**

However you choose to give up smoking, **Fag Ends** can really help.

What is Fag Ends?

Fag Ends is a free NHS service. We aim to offer friendly advice and help to smokers who really want to quit.

Fag Ends can help you to:

- make a plan to stop
- cope with cravings
- stay stopped.

Help is given through a short series of group meetings or on an individual basis.

All we ask is that you **really want to quit**. The more motivated you are the better your chance of success!

Seven out of every ten smokers say they would like to quit if they could – but most find it hard.

Many smokers try to quit a number of times before they finally succeed.

Why should I use support?

Because giving up smoking is **difficult**. Willpower alone is the most widely used method but unfortunately it is the least effective.

Research has shown that if 100 people quit using willpower alone, only three of them will still have quit after 12 months.

However, if the same 100 people had visited a service like **Fag Ends** (and used a treatment such as Nicotine Replacement Therapy) **around 20 of them would still have quit a year later!**

Intensive help and advice provided by **Fag Ends** advisors can really make a difference!

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) really does help people quit. Currently there are nicotine patches, gum, tablets, lozenges, inhalator and nasal spray. **All products** are available over the counter at your local pharmacy.

All products have been scientifically tested and results show that they can double your chances of stopping – as long as you use **the right product in the right way**.

Your pharmacist or **Fag Ends** advisor can show you how to use the product correctly.

How does NRT work?

NRT works by delivering nicotine into your body without the tar, carbon monoxide and other poisonous chemicals that are found in cigarettes. This means you can still get some nicotine, without experiencing all the health risks of smoking. Once your nicotine withdrawal symptoms are controlled you will find it easier to kick the habit of smoking.

Is NRT safe?

NRT is much safer and less addictive than cigarettes. You cannot overdose on NRT – just follow the instructions on the packet. The biggest problem is that people do not use enough NRT to help with the cravings or they do not use the NRT product for long enough.

Nicotine Patches

Patches come in different strengths and there are two main types (16 hour and 24 hour patches). They deliver a steady dose of nicotine through the skin, and are easy and discreet to use. However, you cannot control the dose, and wearing a patch will not help with the desire to put something in your mouth.

Nicotine Gum

The gum comes in two strengths, two milligram and four milligram. Whatever strength you use, you must use enough and use it correctly. Chew the gum whenever you get a craving.

Inhalator

This is a plastic holder with nicotine cartridges. You suck on it like a cigarette and nicotine vapour passes into your blood stream through the lining of your mouth. This produce can help quitters who really miss the sensation of putting something into their mouth.

Microtab/Lozenge

Microtabs are small tablets that are placed under your tongue. As the tablet dissolves, nicotine is absorbed through the lining of your mouth. They should not be chewed or sucked as this prevents them from working.

The lozenge is sucked, and then placed against the cheek of your mouth where it works in the same way as the Microtab.

Nasal Spray

This is suitable for those with a heavy nicotine addiction. It can take some getting used to.

It is vital that you read the instructions supplied with all nicotine replacement products to ensure that you use your chosen product correctly and gain the full benefit from it.

Other stop smoking products

Zyban (Bupropion) is a treatment which changes the way that your body responds to nicotine. You start taking Zyban 1 to 2 weeks before you quit and treatment usually lasts for a couple of months to help you through the withdrawal cravings. It's only available on prescription and is not available if you are pregnant.

Champix (Varenicline) works by reducing your craving for a cigarette and by reducing the effects you feel if you do have a cigarette. You set a date to stop smoking, and start taking tablets one or two weeks before this date. Treatment normally lasts for 12 weeks. It's only available on prescription and is not available if you are pregnant.

No product is a magic cure

If you **really** want to quit, **Fag Ends** can help. Your **Fag Ends Support** spends time with you discussing the different methods of quitting and helps you choose the one which is **right for you**.

This really is time well spent **because your chances of stopping and staying stopped will be significantly increased.**

Fag Ends Support can answer your questions

- How does Nicotine Replacement Therapy work?
- What is Bupropion (Zyban)?
- What is Varenicline (Champix)?
- Will I put on weight?
- What will I do when I usually smoke?
- What if I start smoking again?
- How long does it take to become a non-smoker?
- Is it worth the effort? **Yes!!!**

Further information

Ask at your GP Practice, Local Pharmacy or
Freephone: **0800 195 2131**

You can telephone this number in complete confidence for information or advice without committing yourself to giving up smoking.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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