



Stopping Smoking - What are my options?

If you would like to stop smoking, we have a range of different products available at University Hospitals Birmingham (UHB) NHS Foundation Trust to help you.

Will power and pharmacological products combine to help you give up reducing the risk of developing and worsening smoking-related illnesses, and the benefits begin from the moment you stop.

What are my options?

Nicotine Replacement Therapy (NRT)

Reduces cravings when you stop smoking and is available in different forms

(a) Long acting:

Patches

1. Once a day
2. Discreet
3. Available in different strengths to tailor to your craving needs and allow a gradual reduction to help you quit
4. Worn for 16 or 24 hours depending on how soon after waking you have your first cigarette
5. Side-effects include Skin irritation, vivid dreams and headache
6. First patch onset of action 6-8 hours, effective for the entire time the patch is worn. Giving round the clock relief from cravings
7. Applied to dry, non-hairy skin that is not broken - Rotate patch site daily to avoid skin irritation

(b) Short acting – quick onset – can be combined with the patch for best effect

(i) Chewing gum

1. Chew one piece of gum whenever the urge to smoke occurs
2. Multiple flavours Icy White, Fruit fusion, Fresh mint and Original
3. Fast acting controls the intense urge to smoke in several minutes
4. Keeps the mouth busy
5. One piece lasts for around 30 minutes
6. Two strengths to tailor to your craving needs and allow a gradual reduction in frequency and strength

(ii) Lozenge

1. Great taste and sugar free Icy mint or fruit
2. Discreet
3. Cravings reduced within five minutes
4. Dissolves in the mouth and the nicotine is absorbed through the cheeks
5. Effects of one lozenge last 10 to 30 minutes
6. Side-effects Oral irritation, dry mouth and headache
7. Avoid eating or drinking 15 minutes before or while using the lozenge
8. Three strengths to tailor to your craving needs and allow gradual reduction in frequency and strength

(iii) Inhalator

1. Works quicker than the gum and lozenge giving you fast craving relief when you feel the urge to smoke
2. Gives you hand to mouth action
3. One cartridge gives around 40 minutes of intense use and relief from Cravings

Disclaimer

It is never too late to stop smoking. If you have any questions or would like to discuss your options further, please contact your ward pharmacist or doctor.

If you experience cravings whilst taking any of the products speak to your doctor or pharmacist. Further information on how to use the product is available on the packaging and the patient information leaflet inside. Once discharged from hospital, please contact your GP or local community pharmacy for advice.

University Hospital Birmingham NHS Foundation Trust Pharmacy Department

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.