



Quit Smoking Worksheet #4: Decide On Your Quit Methods

How To Use This Worksheet: Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on “file” then “print” in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) Nicotine Replacement Therapy (NRT) is available to help people quit.

It is the nicotine in cigarettes that makes them addictive. Nicotine replacement therapy (NRT) and other quit-smoking medications have been proven to help smokers quit.

(A) Select the following non-prescription items you may want to try. You can buy these medications over the counter.

- Patch** -- Nicotine enters the body through the skin. The nicotine stays in your body for several hours after you take the patch off.
- Gum** -- Nicotine enters the body through the lining of the mouth.
- Lozenge** -- Nicotine enters the body through the lining of the mouth.

(B) Select the following prescription items you may want to try. A doctor will need to prescribe these medications for you.

- Nasal Spray** - Nicotine is sprayed into the nostrils, but not inhaled. Usually prescribed for heavily addicted smokers and is more likely to be addictive than other forms of NRT.
- Inhaler** - The nicotine inhaler is held between your fingers and you puff on it like a cigarette. When you puff, the inhaler turns nicotine into a vapor that is absorbed in your mouth and throat.
- Varenicline*** - Varenicline eases nicotine withdrawal symptoms and blocks the effects of nicotine from cigarettes if you start smoking again.
- Bupropion*** - Bupropion helps to reduce nicotine withdrawal symptoms and the urge to smoke.

*** Bupropion and varenicline are generic drug names. Talk to your doctor about these or equivalent brand name medications that may be right for you.**

(2) There are other quit methods besides NRT you can try. Which of the following might help you quit?

- Visit a free online website like <http://smokefree.gov>
- Chat with a free online counselor on <https://livehelp.cancer.gov>
- Call a free quit line like (877) 44U-QUIT [(877) 448-7848] or (800) QUIT-NOW [(800) 784-8669]. (Quit lines are free, anonymous phone counseling services.)

(3) What are the top three methods you will use to help you quit?

- (1) _____
- (2) _____
- (3) _____

(For more worksheets, visit "Quitting Smoking for Older Adults" at www.NIHSeniorHealth.gov)