

PLAN TO QUIT

Quitting takes hard work, but you can do it! The plan below can help.

Get Ready.



List your reasons for quitting and tell your friends and family about your plan.

See your doctor to find out if medication is right for you. Think of whom to reach out to when you need help, like a support group or the **Wisconsin Tobacco Quit Line, it's free** and available at **1-800-QUIT-NOW** (800-784-8669). The Quit Line can help you create a plan that's tailored to your needs. Stop buying tobacco. Set a quit date. **My quit date is:** _____.

Purchase Medication.



Ask your doctor if quit-smoking medication is right for you. If so, buy either over-the-counter nicotine patches, lozenges or gum--or get a prescription from your doctor for the nicotine inhaler, patch, nasal spray, or one of the non-nicotine pills: Bupropion SR 150 (Zyban) or varenicline (Chantix). *Note that patients should start taking bupropion SR 150 one to two weeks prior to the quit date. Patients should begin varenicline a week prior to quitting.* **Medication(s) I will use:**

Change Your Routine.



Think of routines you may want to change. For example, take walks or work out when you normally smoke or chew. Pay attention to when and why you smoke or chew. Clean your clothes to get rid of the smell of cigarette smoke. Think of new ways to relax or things to hold in your hand instead of a cigarette or chew. **List things to do instead of smoking/chewing:**

Plan For More Money.



Make a list of the things you could do with the extra money you will save by not buying tobacco. **Things I will do with the money:** _____

Plan Your Rewards.



Think of rewards you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all tobacco, matches or tins. Put away or toss lighters and ashtrays. **My reward for quitting tobacco will be:**

Quit Day



Keep very busy. Change your routine when possible, and do things that don't remind you of smoking/chewing. Remind family, friends, and coworkers that this is your quit day, and ask them to help and support you. Avoid alcohol. Call the Quit Line for ongoing support at 1-800-QUIT-NOW. Buy yourself a treat, or do something to celebrate. **You can do it!**

Day After You Quit: Congratulations!



Congratulate yourself. When cravings hit, do something else that isn't connected with smoking/chewing, like taking a walk, drinking a glass of water or taking deep breaths. Call your support network or the Quit Line. Eat snacks or chew gum.