

Appendix A – Part III: Patient Handout

QUIT SMOKING: IT'S TIME TO ACT*

I am being urged to quit now because:

My current annual costs for smoking (and my savings after quitting) are:

PACKS PER DAY	ANNUAL COST (at \$9/pack)	REQUIRED EARNINGS (at 25% rate income tax)	DAYS WORKED TO BUY (at \$20/hr-8hrs/day)
1/2	\$1642	\$2053	12.8
1	\$3285	\$4106	25.7
1½	\$4927	\$6159	38.5
2	\$6570	\$8212	51.3

MY QUIT DATE
(within 2-3 weeks)

YY	MM	DD

MY FOLLOW-UP APPOINTMENT
(3-7 days after quit date)

YY	MM	DD

From now until your quit date:

- Hold your cigarettes in the opposite hand to that which you normally use. This will help reduce the feeling of needing something in the hand (and hence reduce cigarette-related thoughts) when you finally come to quitting.
- Don't smoke during your common "habit times" (e.g. coffee break / driving home), even if it means smoking twice as much at other times. This will also reduce the strength of environmental triggers, and reduce smoking related thoughts, while quitting.
- If you have been prescribed Bupropion (Zyban, Wellbutrin), Nortriptyline or Varenicline (Champix), you should start taking it one week before your quit date. Clonidine is started 3 days before the quit date.
- Spouses who continue to smoke while you are quitting are a substantial hurdle and should be encouraged to quit at the same time (If they are my patient, tell them to come see me please!).

After your quit date:

- Take a break, even if it is only for a minute or two, when you are craving a cigarette. Pausing to smoke breaks potentially monotonous or difficult tasks into smaller, bite-sized bits. You may be craving the interruption of your current task as much as you are craving the cigarette.
- The physical addiction to nicotine can be left behind over a period of a few weeks. After that, enough time must pass for the old cigarette related associations to fade. Old habits die hard but, given enough time, they do die.
- While nicotine replacement is often added to Bupropion or Nortriptyline after the quit date to lessen withdrawal, it is counterproductive to combine nicotine replacement with Varenicline.

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