“It’s so much easier since I quit.”

Your guide to stopping smoking for good

Easy read
This booklet is about how to stop smoking.

Well done – by picking up this booklet you are already on your way to stopping smoking.

This booklet is split up into 4 steps you can follow to help you stop smoking. These steps have already helped lots of other people to stop. You can do it too.

You can use the 4-step Planner on pages 16 to 30 to help you stop for good.

There are some difficult words in this booklet which are in red.

There is a list of these words and what they mean on page 31.

You may want to have someone to help you when you look at this booklet.
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Step 1: Think about stopping smoking

Think about how great you would feel if you stopped smoking.

Think about your family too. If you stop smoking you will live for longer, so you will be able to spend more time with them.

- You will have less chance of getting lung cancer. You will be able to breathe better.
- You will not cough as soon as you wake up.
- You will be less tired, so you will be able to do more of the things you love.
- You will have less chance of having a heart attack.
Think about your health. When you stop smoking your body starts to get better straight away.

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Health Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>After 20 minutes</td>
<td>Your blood pressure and pulse go back to normal.</td>
</tr>
<tr>
<td>After 8 hours</td>
<td>Your chance of having a heart attack is less. Your body has half as much nicotine and carbon monoxide. (Nicotine is the chemical in tobacco that makes it hard to stop smoking. Carbon monoxide is one of the bad chemicals in your body because of smoking.)</td>
</tr>
<tr>
<td>After 24 hours</td>
<td>Your lungs start to get cleaner.</td>
</tr>
<tr>
<td>After 48 hours</td>
<td>Your body has no nicotine left. Your senses of taste and smell are better.</td>
</tr>
<tr>
<td>After 72 hours</td>
<td>You can breathe more easily. You have more energy.</td>
</tr>
<tr>
<td>In 2 to 12 weeks</td>
<td>Your blood is moving better round your body. It is easier for you to walk and exercise.</td>
</tr>
<tr>
<td>In 3 to 9 months</td>
<td>Your lungs are working better. You stop coughing.</td>
</tr>
<tr>
<td>After 5 years</td>
<td>You only have half the chance of having a heart attack compared with a smoker.</td>
</tr>
<tr>
<td>After 10 years</td>
<td>Your chance of getting lung cancer is half that of a smoker. Your chance of having a heart attack is the same as someone who has never smoked.</td>
</tr>
</tbody>
</table>

You can find out more about step 1 of the 4-step Planner on pages 18 to 21 of this booklet.
Step 2: Get ready to stop smoking

You need to think about when and how you are going to stop smoking. You can also get help from lots of people.

Here are some ideas to help you get ready to stop smoking:

- Contact your local NHS Stop Smoking Service. They are ready to help you. You can find out more about them on page 8.

- Choose a date to stop smoking when you think you will not have any stress.

- Think about the times and places you are most likely to smoke. Try to stay away from them.
☐ Take it one day at a time, and feel good about what you are doing.

☐ Stop smoking with a friend. Then you can help each other.

☐ Use stop smoking medicines to help you cope. You can find out more about these on pages 11 to 13.

☐ Count how much money you save.
☐ Give yourself a treat for every day you do not smoke.

☐ Keep telling yourself you can do it!

You can find out more about step 2 of the 4-step Planner on pages 22 and 23 of this booklet.

Phone the NHS Smokefree Helpline on 0800 169 0 169. Or visit www.nhs.uk/smokefree or www.facebook.com/nhssmokefree
Lots of people want to stop smoking but do not know how. It makes a big difference if you talk to the right people.

There are 3 ways to stop smoking:

1. You can phone your local NHS Stop Smoking Service.

2. You can join the Smokefree Together Programme.

3. You can take stop smoking medicines like Nicotine Replacement Therapy.

The next few pages tell you more about these 3 ways to stop smoking.

Remember

Local NHS Stop Smoking Services are free. But if you usually pay for medicine your doctor says you should take, you might have to pay for stop smoking medicines too.
Stop smoking with your local NHS Stop Smoking Service

NHS Stop Smoking Services are free. They are all over England, so there will be one near to where you live.

You can talk to one adviser, or you can be part of a group where you are all trying to stop smoking together.

Your adviser is someone who is an expert in helping people to stop smoking. He or she can make a plan with you to help you stop too.

Your adviser can tell you about the different stop smoking medicines and the one that is best for you.
Your adviser also has a machine to measure carbon monoxide in your blood. (Carbon monoxide is one of the bad chemicals in your body because of smoking. The machine shows how the carbon monoxide gets less when you stop smoking.)

Stop smoking with the Smokefree Together Programme

The Smokefree Together Programme helps people to stop smoking. It is run by people who have already stopped smoking and by health workers.

To help you through the difficult times, the Smokefree Together Programme will:

- give you free information

You can find out more about step 3 of the 4-step Planner on pages 24 and 25 of this booklet.
☐ phone you

☐ send you text messages and emails when you most need them.

The Smokefree Together Programme can also help you to stay stopped for good after you have stopped smoking.

You can find out more about step 3 of the 4-step Planner on pages 24 and 25 of this booklet.
Stop smoking with some help from stop smoking medicines

**Nicotine** is the chemical in tobacco that makes it hard to stop smoking.

**Nicotine Replacement Therapy** is a way your body can get some nicotine without you smoking. It can help you get through the first few weeks when you stop smoking.

Before you start to take any sort of Nicotine Replacement Therapy, **always** ask your doctor, your NHS Stop Smoking adviser or your pharmacist which one would be best for you.

You can get Nicotine Replacement Therapy in these ways:

- **Nicotine gum** is a gum that you chew instead of smoking a cigarette.

- **Microtabs** are small tablets that you put under your tongue where they dissolve slowly.
Lozenges are like a sweet that you suck slowly.

Nicotine patches are like a sticking plaster that you wear on your skin. You can wear a 16-hour patch to last the day. But you can wear a 24-hour patch if you usually get up for a cigarette in the night.

Inhalators are like plastic cigarettes that you can puff on. Inhalators are good for people who miss putting a cigarette in their mouth.

Nicotine nasal spray is the strongest sort of Nicotine Replacement Therapy. You spray it into your nose.
There are also other treatments that you can only get from your doctor. **Champix** (varenicline) and **Zyban** (bupropion hydrochloride) could help you. You can find out more about these by phoning the NHS Smokefree Helpline on **0800 169 0 169**.

You can find out more about step 3 of the 4-step Planner on pages 24 and 25 of this booklet.

Phone the NHS Smokefree Helpline on **0800 169 0 169**. Or visit **www.nhs.uk/smokefree** or **www.facebook.com/nhssmokefree**.
Step 4: Stop smoking for good

If you start smoking again, do not worry. Each time you try to stop you learn more about how to do it. This will help you next time you try to stop.

If you start smoking again, go back to the start of this booklet and try again. Remember, NHS Stop Smoking Services will always be there. They will be happy to help you again.
It often takes a few goes to stop smoking.

You can find out more about step 4 of the 4-step Planner on pages 26 to 30 of this booklet.

Phone the NHS Smokefree Helpline on 0800 169 0 169. Or visit www.nhs.uk/smokefree or www.facebook.com/nhssmokefree
This 4-step Planner belongs to:

Name: 

It’s best to use a biro, as other pens can smudge.

This part of the booklet is your own 4-step Planner. It is filled with useful questions to help you on your way to stop smoking.

You may want to have someone to help you when you fill in your 4-step Planner.

Step 1: Think about stopping smoking
Step 2: Get ready to stop smoking

Step 3: Stop smoking

Step 4: Stop smoking for good

You are already on step 1.
Step 1
Think about stopping smoking

It will help you if you make a plan and keep a note of how you get on.

Write down your reasons to stop smoking if you like.

It may also help you if you answer these questions:

How much money do you spend on smoking?

In 1 week

There are 52 weeks in 1 year, so you spend 52 times this amount in a whole year.
Write down some things you would like to do with the money you save.
Why did you start smoking?
Tick the reasons you agree with.

☐ To look older
☐ To be cool
☐ To copy friends or family
☐ To feel grown up
☐ To be tough
☐ Just to try it
☐ Just felt like it
☐ Any other reasons?

Do you think these are good reasons to keep smoking?

☐ No
☐ Yes

If the answer is No, keep on reading this booklet.

If the answer is Yes, you are not ready to stop smoking yet. Look at this booklet again when you feel you really do want to stop smoking.
When do you most want to smoke?

- When you wake up
- On the phone
- Having a drink
- Watching TV
- After a meal
- With friends or family
- Reading the paper
- Any other times? ________________

It is important to know when you most want to smoke. Then you can try to avoid the times and places when you are most likely to smoke.
Step 2
Get ready to stop smoking

Now you have decided to stop you need to get ready.

Here are some ideas to help you get ready to stop:

Get ready

☐ Choose a date to stop when you think you will not have any stress.

☐ Throw away all your cigarettes, matches and lighters.

☐ Do not drink alcohol while you are trying to stop smoking.
Get help

☐ Talk to family and friends.

☐ Stop smoking with a friend.

☐ Talk to your local NHS Stop Smoking Service.

Phone the NHS Smokefree Helpline on 0800 169 0 169. Or visit www.nhs.uk/smokefree or www.facebook.com/nhssmokefree
Step 3
Stop smoking

The day you stop smoking will make your life better.

Remember:

☐ You want to stop smoking.

☐ You will be more healthy.

☐ You will have more money.
Do not give in and have ‘just one cigarette’.

You can use
Nicotine Replacement Therapy
or Zyban or Champix to help you (see pages 11 to 13).

Phone the NHS Smokefree Helpline on 0800 169 0 169. Or visit
www.nhs.uk/smokefree or
www.facebook.com/nhssmokefree
Step 4
Stop smoking for good

Now you have stopped smoking you want to stay stopped.

The first few days are the worst. If you want to smoke do not give in.

Here are some tips to help you:

☐ Keep busy.

☐ Take a few slow breaths.

☐ Go for a walk.
☐ Go into another room.

☐ Avoid places where other people smoke.

☐ Drink some water or fruit juice.

☐ Talk to a friend about it.
Look at your list of reasons for why you want to stop smoking on page 18 of this booklet.

Use Nicotine Replacement Therapy or Zyban or Champix (see pages 11 to 13).

You may find you do not feel very well when you first stop smoking. This is your body getting used to not having nicotine.

Do not worry. These feelings will go soon.

Remember: as a non-smoker you will feel less stressed.
<table>
<thead>
<tr>
<th>You might:</th>
<th>What will help:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Really want a cigarette</td>
<td>Look at the tips on pages 26 to 28</td>
</tr>
<tr>
<td>Cough more than usual</td>
<td>Have a warm drink</td>
</tr>
<tr>
<td>Feel hungry</td>
<td>Eat fruit and vegetables, and drink more water</td>
</tr>
<tr>
<td>Have trouble sleeping</td>
<td>Drink less coffee and tea and take plenty of exercise</td>
</tr>
<tr>
<td>Feel dizzy</td>
<td>This should go in a day or two</td>
</tr>
</tbody>
</table>
You might:  What will help:

<table>
<thead>
<tr>
<th>Want to go to the toilet more often or less often</th>
<th>Eat fruit and vegetables, and drink more water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel moody</td>
<td>Tell your family and friends and ask them to help you get through the bad times</td>
</tr>
<tr>
<td>Put on weight</td>
<td>Try to eat healthier food. Do not eat too much</td>
</tr>
</tbody>
</table>

You can also take Nicotine Replacement Therapy or Zyban or Champix to help your body stop needing cigarettes (see pages 11 to 13).

Remember: the longer you can go without a cigarette, the easier it will be to stop for ever.
<table>
<thead>
<tr>
<th><strong>Difficult words</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Carbon monoxide</strong></td>
</tr>
<tr>
<td><strong>Champix</strong></td>
</tr>
<tr>
<td><strong>Nicotine</strong></td>
</tr>
<tr>
<td><strong>Nicotine Replacement Therapy</strong></td>
</tr>
<tr>
<td><strong>Zyban</strong></td>
</tr>
</tbody>
</table>
If you want help to stop smoking:

Phone: **0800 169 0 169** (weekdays 9am to 9pm, weekends 11am to 5pm)

Textphone: **0800 169 0 171**

Text: **QUIT** and your **postcode** to **88088**

Visit: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or [www.facebook.com/nhssmokefree](http://www.facebook.com/nhssmokefree)