How much will you save?

These prices are based on a packet of 20 cigarettes costing £5.70.

1 day
1 week
2 weeks
3 weeks
1 month
6 months
1 year
10 years
20 years

SMOKEFREE
0800 121 4637
www.nhs.uk/smokefree
How quickly will your health improve?

SMOKEFREE
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Your blood pressure and pulse rate return to normal.

Nicotine and carbon monoxide levels in blood reduce by half and oxygen levels return to normal.

Risk of lung cancer falls to half that of a smoker.

Risk of heart attack falls to the same as someone who has never smoked.

Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

Carbon monoxide levels in the body reduce by 90%. There is a significant reduction in the amount of carbon monoxide breathed in.

Lungs start to clear. Lung function starts to improve. Small increases in taste and ability to smell begin to occur.

Four days. Ability to smell and taste starts to return. Breathing becomes easier. Bladder and urge to urinate become more normal.

Two weeks. Nicotine levels in the body reduce by 90%. The risk of heart attack falls to the same as someone who has never smoked.

Three to nine months. Nicotine levels in the body reduce by 90%. Lung function may return to normal. Your sense of taste may return. Your blood pressure may return to normal. Breathing becomes easier.

20 minutes. Nicotine levels in the body reduce by 90%. Your blood pressure and heart rate may return to normal. The sense of taste and smell may begin to return.

Eight hours. Nicotine levels in the body reduce by 90%. The risk of heart attack falls to the same as someone who has never smoked. Your sense of taste and smell may begin to return.

24 hours. Nicotine levels in the body reduce by 90%. The risk of heart attack falls to the same as someone who has never smoked. Your sense of taste and smell may begin to return.

72 hours. Nicotine levels in the body reduce by 90%. The risk of heart attack falls to the same as someone who has never smoked. Your sense of taste and smell may begin to return.

48 hours. Nicotine levels in the body reduce by 90%. The risk of heart attack falls to the same as someone who has never smoked. Your sense of taste and smell may begin to return.