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TREATMENT	HOW TO GET	HOW TO USE	PROS / CONS	NOTES
PATCH 	OVER THE COUNTER or PRESCRIPTION	REPLACE PATCH ONCE DAILY	<ul style="list-style-type: none"> ✓ Easy to use ✓ Few side effects × Less flexible dosing × Slow nicotine release 	
GUM 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 24 pieces per day	<ul style="list-style-type: none"> ✓ Fast nicotine release ✓ Flexible dosing × Lots of chewing × Can't eat or drink 15 mins before or during use 	
LOZENGE 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 20 lozenges per day	<ul style="list-style-type: none"> ✓ More nicotine than gum ✓ Flexible dosing × Can cause nausea × Can't eat or drink 15 mins before or during use 	
NASAL SPRAY 	PRESCRIPTION	SPRAY ONCE IN EACH NOSTRIL* Up to 40 doses per day (80 sprays/day or 10 sprays/hour)	<ul style="list-style-type: none"> ✓ Fastest nicotine delivery ✓ Flexible dosing × Frequent use necessary × Can cause nose & throat irritation 	
INHALER 	PRESCRIPTION	5-20 MIN SESSIONS THROUGHOUT THE DAY* Up to 16 cartridges per day	<ul style="list-style-type: none"> ✓ Keeps hands busy ✓ Flexible dosing × Frequent use necessary × Can cause mouth & throat irritation 	
MEDICATION VARENICLINE BUPROPION 	PRESCRIPTION	USE AS DIRECTED BY YOUR DOCTOR	<ul style="list-style-type: none"> ✓ Easy to take pill ✓ Can be combined with other treatments* × Possible side effects 	

TREATMENT OPTIONS QUICK GUIDE

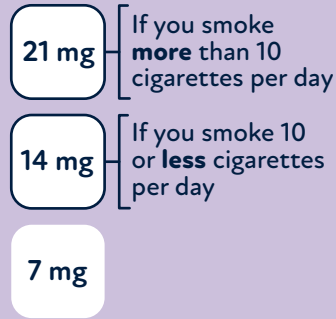


MOQC

PATCH

STEP 1

Select your starting dose.*



STEP 2

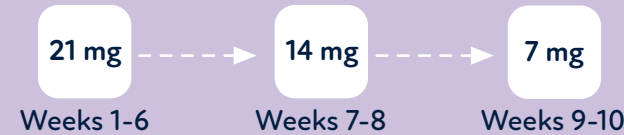
Place the patch on a clean, dry, hairless spot on your upper body or outer arm. Press for 10 seconds.

STEP 3

Replace patch every 16-24 hours.

STEP 4

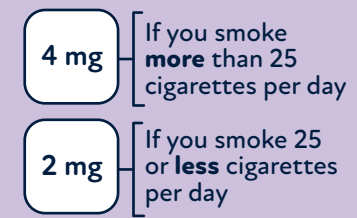
Reduce dosage over time.*



GUM

STEP 1

Select your strength.*



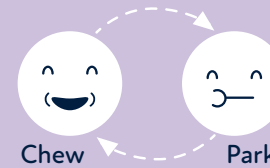
STEP 2

Choose a flavor. There are many options!



STEP 3

Chew slowly until the taste becomes strong or tingles, place the gum between your cheek and gums for 1 minute or until tingle is gone. Repeat this chew and park method for 30 minutes.



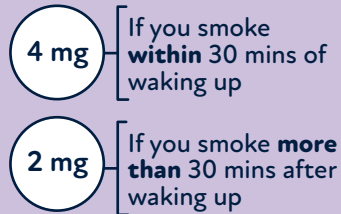
STEP 4

Use the gum whenever you have the urge to smoke as part of a quit immediately or quit gradually plan.*

LOZENGE

STEP 1

Select your strength.*



STEP 2

Slowly dissolve the lozenge in your mouth (between cheek and gums), while occasionally moving it from one side of your mouth to the other. The lozenge will take approximately 10-20 minutes to fully dissolve. Do not chew or swallow.

STEP 3

Reduce usage over time.*

Use 1 lozenge every...



PRESCRIPTION ONLY

NASAL SPRAY

STEP 1

Blow your nose to clear it. Prime pump with 6-8 sprays prior to first use.



1 dose = 2 sprays (one in each nostril)

STEP 2

Tilt your head back and spray once in each nostril while breathing through your mouth. Avoid sniffing or inhaling. Wait 2-3 minutes before blowing your nose.

STEP 3

Reduce dosage over time.*



PRESCRIPTION ONLY

INHALER

STEP 1

Insert a cartridge into inhaler. Push and twist mouthpiece back on.



This option helps keep your hands busy!

STEP 2

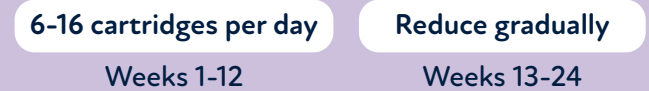
Puff in short breaths through the mouthpiece like you are sipping from a straw. Cartridges last for about 20 minutes of active use, but this can be broken up into multiple shorter uses.

STEP 3

When the cartridge is empty, remove from the inhaler and discard.

STEP 4

Reduce usage over time.*



* Consult your doctor to determine the appropriate treatment options and dosing.