



Stop smoking medicine
to help you stop.

Sometimes **a little extra help** can make all the difference.

Even if you're feeling really motivated to quit, **it's good to have some help to make sure you succeed.** After all, smoking is a powerful addiction and a strong habit. Stop smoking medicine can make a big difference and is available on prescription. These medicines will reduce your cravings and withdrawal symptoms. When used with the **support of your local NHS stop smoking adviser it can dramatically improve your chances** for successfully quitting.

- There are three recommended types of stop smoking medicine, Nicotine Replacement Therapy (NRT), Champix and Zyban.
- Nicotine Replacement Therapy (NRT) gives your body the nicotine it craves without the toxic chemicals you get in cigarettes like tar or carbon monoxide, so it doesn't cause cancer. There are different types available: patches, gum, lozenges, microtabs, inhalator and nasal spray.
- All of them are available on prescription or to buy over the counter.
- NRT is suitable for most people over 12, but you should check with your doctor if you're pregnant, have a heart or circulatory condition or take regular medication.
- Champix and Zyban work to reduce your cravings. They come in tablet form and you start taking them one or two weeks before you quit. Treatment usually lasts 8-12 weeks.
- Champix and Zyban are only available on prescription and are not available if you're pregnant or under 18.

Call
on

