

Quitline

1833 183

Counselling, information and referral to FREE cessation services



Pharmacotherapy combined with Counselling

- | | | | |
|--|--|---|--------------------------------|
| ▶ Christian Family Service Centre
6503 4026 | ▶ Tung Wah Group of Hospitals
2332 8977 | ▶ United Christian Nethersole Community Health Service
3156 9012 | ▶ Pok Oi Hospital
2628 1062 |
|--|--|---|--------------------------------|

- **Fixed and mobile clinics**
- **Cessation services for people of diverse race and new immigrants**
- **Postal delivery of smoking cessation medicines combined with phone counselling may be provided**

Chinese Medicine Acupuncture combined with Counselling

- **Fixed and mobile clinics** ▶ Pok Oi Hospital
2607 1222

Phone Counselling

DH Quitline 1833 183

- **Counselling, information, and referral to cessation services**

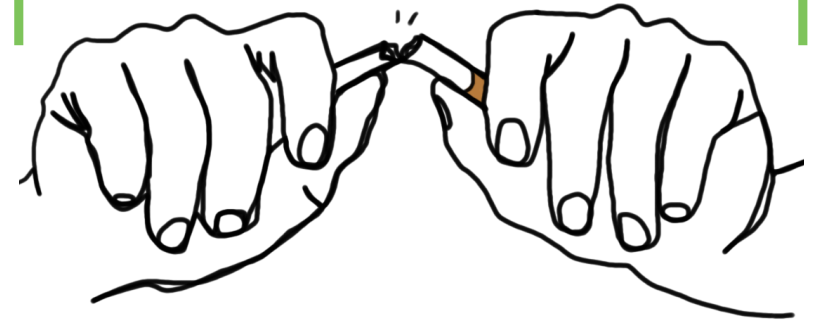
Youth quitline 3400 3799

- ▶ The Hong Kong Polytechnic University

- **Counselling services for smokers aged 25 or below**

* The Hospital Authority also provides cessation services 2300 7272
For more information on smoking cessation, please visit www.livetobaccofree.hk

Quit in June



1-week Smoking Cessation Drugs Trial Pack

Smoking Cessation Promotion Programme
by Department of Health and
Community Pharmacies



Download
Quit App



Set a Quit Day

A week before your quit day

- ◆ Write down your reason(s) for quitting
- ◆ Decide on your quit method

- Most smokers quit by themselves
- Medication can double your success rate
- A combination of counselling and medication is the most effective way to quit

A day before your quit day

- ◆ Throw away all cigarettes, ashtrays and lighters
- ◆ Plan some activities to fight cravings

- Drinking water, deep breathing, washing your face, chewing sugar-free gum, physical exercises, and eating fruits and vegetables can distract you from smoking

On your quit day

- ◆ Tell friends and family you are now a non-smoker and get their support
- ◆ Avoid temptation

- Refrain from being in situations that may tempt you to smoke
- Say NO if someone passes you a cigarette

Withdrawal Symptoms

Withdrawal symptoms include:

- Headaches, coughing, cravings, increased appetite, mood changes, difficulty concentrating, insomnia, etc
- These symptoms usually peak in the first week of quitting and gradually subside in 2-3 weeks

Medications for quitting

In Hong Kong, there are two types of medication registered for smoking cessation. They can alleviate withdrawal symptoms and double the success rate of quitting

Over-the-counter medications

Nicotine replacement therapy ("NRT") includes nicotine patch, lozenge, gum, etc. NRT can be used alone or in combination.

Nicotine patch

- Apply to clean and dry skin on the chest, back, upper arms, hips, etc., and press for 10 seconds
- Change the patch daily and regularly
- Can keep it on during swimming or taking a shower
- The patch can be fixed by plaster if detached
- Rotate the patch site each time a new patch is applied to avoid skin irritation (self-limiting sign present for 1-2 days: rash)
- Peel off the patch before sleeping for those with sleep disturbances

Nicotine gum

- Slowly chew for 10 to 15 times
- "Park" the gum between the cheek and gum
- When the taste gradually becomes lighter, chew slowly again-repeat the process until the gum becomes tasteless
- Avoid eating and acidic beverages, such as soft drink, coffee and fruit juice, 15 minutes before using gum
- Not suitable for individuals who have jaws-related illnesses, stomatitis, pharyngitis, stomachache and those with removable dentures

Medication by prescription

Varenicline is another type of cessation medication that is effective in quitting and relapse prevention

If you do not feel well from using cessation medication or have any query, please consult healthcare professionals or call Quitline

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