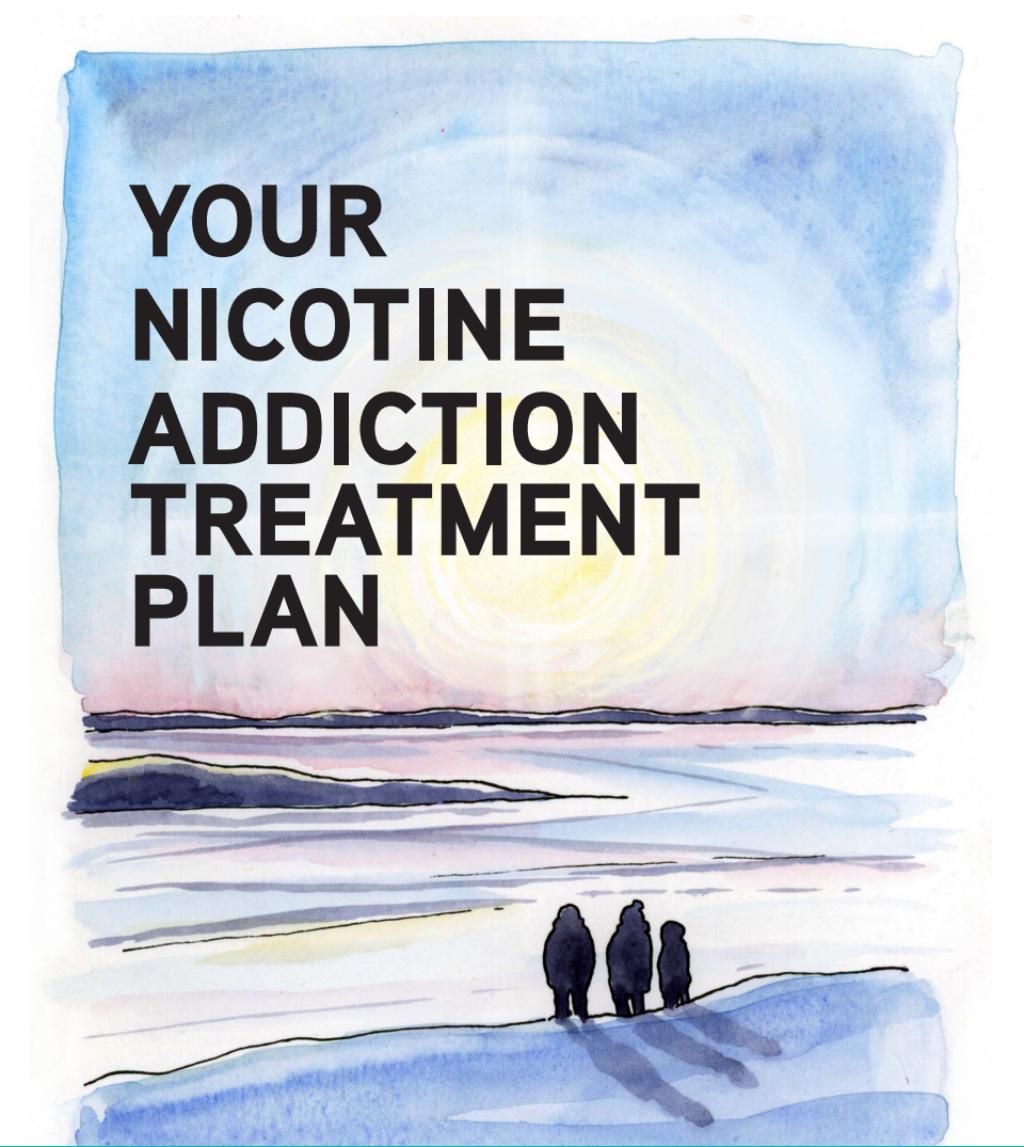


# YOUR NICOTINE ADDICTION TREATMENT PLAN



THE OTTAWA MODEL FOR SMOKING CESSATION HAS GRANTED  
PERMISSION TO THE GOVERNMENT OF THE NORTHWEST  
TERRITORIES TO ADOPT AND REPRODUCE THIS MATERIAL.



**OTTAWA MODEL**  
FOR SMOKING CESSATION

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE



Quitting smoking is the  
**single most important thing**  
you can do for your health!

# YOUR PLAN INCLUDES **3 PARTS**

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## **Part 1** **MEDICATION OPTIONS**

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## **Part 2** **PLANNING FOR SUCCESS**

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## **PART 3** **PREPARING FOR CHANGE** **AND STAYING ON TRACK**

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# THE BENEFITS OF QUITTING



## WITHIN 8 HOURS

Your body's oxygen levels go back to normal.

## WITHIN 48 HOURS

Your chances of having a heart attack go down, and your sense of taste and smell start to get better.

## WITHIN 72 HOURS

Your lung function gets better, making it easier for you to breathe.

## WITHIN 2 WEEKS TO 3 MONTHS

Blood and oxygen move better throughout your body.

## WITHIN 6 MONTHS

Coughing, tiredness, sinus congestion and shortness of breath all decrease.

## WITHIN 1 YEAR

Your risk of a heart attack drops to half of that of a smoker.

## WITHIN 10 YEARS

Your risk of dying from lung cancer drops to half of that of a smoker.

## WITHIN 15 YEARS

Your risk of dying from a heart attack becomes the same as a person who has never smoked.

# OTHER HEALTH BENEFITS OF QUITTING SMOKING



**Quitting smoking** 4 to 6 weeks before an operation can significantly **reduce the risk of complications after surgery**.



**Quitting smoking eliminates the risks associated with secondhand smoke** on your loved ones and pets.



**Quitting smoking increases blood flow to your skin**, which can improve its appearance and make it appear more youthful.



**Quitting smoking improves mental health and wellbeing.** Those who quit smoking have more positive moods and less anxiety, depression and stress compared to those who continue smoking.

## PART 1 - MEDICATION OPTIONS

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Medications can double or triple your chance of success.

There are **four types of medication** that can help you quit or reduce smoking/vaping:

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### 1. NICOTINE REPLACEMENT THERAPY (NRT)

**Types:** patch, inhaler, gum, lozenge and mouth spray.

NRT gives your body nicotine without exposing it to 7000+ chemicals found in cigarette smoke. It helps reduce withdrawal symptoms, such as cravings to smoke, anxiety, headaches, and difficulty concentrating.

Often two or more types of NRT are used together. The type, amount, and length of NRT treatment can be changed to meet your needs.

### 2. VARENICLINE

Varenicline comes as a pill and is available with a prescription. It helps reduce nicotine cravings and takes away the satisfaction you get from smoking.

Varenicline may be started **8-35 days before your quit date.**

### 3. BUPROPION SR

Bupropion SR is another pill option available with a prescription. It also helps reduce nicotine cravings and withdrawal symptoms.

Bupropion SR should be started **at least 7 days before your quit date.**

### 4. CYTISINE

Cytisine is an over-the-counter natural product that comes as a capsule. It helps reduce nicotine cravings and withdrawal symptoms.

Cytisine should be started **5 days before your quit date.**



## PART 1 - MEDICATION OPTIONS

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**IT IS NORMAL TO EXPERIENCE WITHDRAWAL SYMPTOMS AND CRAVINGS WHILE QUITTING.**

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### **SYMPTOMS MAY INCLUDE:**

- headache
- dizziness
- feeling anxious or fidgety
- difficulty concentrating
- changes in your mood

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**If you are unsure whether you are experiencing a medication side effect or a symptom of nicotine withdrawal, contact your healthcare professional.**

**Smoking cessation has never been more important... and with thoughtful planning and assistance, chances of success increase significantly!**

## PART 1 - MEDICATION OPTIONS

### PATCH | LONG ACTING FOR ALL DAY



#### HOW TO USE IT:

- Put patch on a clean, dry, non-hairy area of your body (e.g. arm, back, or abdomen).
- Replace your patch every day.
- Remove the old patch before putting on a new one.
- The patch slowly releases nicotine into your body and should start to take effect within 1 to 2 hours.

#### POSSIBLE SIDE EFFECTS:

• Headache	• Nausea
• Trouble sleeping/strange dreams	• Skin irritation
• Dizziness	• Stomach upset

**Note:** If you are unsure whether you are experiencing a patch side effect or a symptom of nicotine withdrawal, contact your healthcare provider.

### STRATEGIES TO ADDRESS MOST COMMON SIDE EFFECTS:



#### TROUBLE SLEEPING?

- Remove patch about 1 hour before bedtime.
- Keep short-acting NRT nearby to help with cravings through the night and first thing in the morning.



#### SKIN IRRITATION?

- Apply the patch to a new spot every day, try a different brand of patch, or use topical “cortisone” cream.

**Do not consider reducing the dose of patch until you have been smoke-free for at least 6 weeks**

**COST PER BOX: \$20 - \$40 | COST PER DAY: \$3 - \$7**

## PART 1 - MEDICATION OPTIONS

**SHORT ACTING NRT CAN BE ADDED TO THE PATCH AT ANY TIME TO HELP BETTER MANAGE YOUR CRAVINGS.**

**LONG ACTING**  
Patch



**SHORT ACTING**  
Inhaler, Gum, Lozenge, Mouth Spray

IF YOU SMOKE	RECOMMENDED PATCH TREATMENT
<b>40+</b> <b>CIGARETTES</b> <b>PER DAY</b>	<b>42mg</b> (21mg + 21mg patches) daily – <b>first 6 weeks or longer.</b> <b>35mg</b> (21mg + 14mg patches) daily – <b>next 2 weeks or longer.</b> <b>28mg</b> (21mg + 7mg patches) daily – <b>next 2 weeks or longer.</b> <b>21mg</b> patch daily – <b>next 2 weeks or longer.</b> <b>14mg</b> patch daily – <b>next 2 weeks or longer.</b> <b>7mg</b> patch daily – <b>next 2 weeks or longer.</b>
<b>30-39</b> <b>CIGARETTES</b> <b>PER DAY</b>	<b>35mg</b> (21mg + 14mg patches) daily – <b>first 6 weeks or longer.</b> <b>28mg</b> (14mg + 14mg patches) daily – <b>next 2 weeks or longer.</b> <b>21mg</b> patch daily – <b>next 2 weeks or longer.</b> <b>14mg</b> patch daily – <b>next 2 weeks or longer.</b> <b>7mg</b> patch daily – <b>next 2 weeks or longer.</b>
<b>20-29</b> <b>CIGARETTES</b> <b>PER DAY</b>	<b>21mg</b> patch daily – <b>first 6 weeks or longer.</b> <b>14mg</b> patch daily – <b>next 2 weeks or longer.</b> <b>7mg</b> patch daily – <b>next 2 weeks or longer.</b>
<b>10-19</b> <b>CIGARETTES</b> <b>PER DAY</b>	<b>14mg</b> patch daily – <b>first 6 weeks or longer.</b> <b>7mg</b> patch daily – <b>next 4 weeks or longer.</b>
<b>LESS THAN 10</b> <b>CIGARETTES</b> <b>PER DAY</b>	<b>7mg</b> patch daily – <b>first 6 weeks or longer.</b>

If you smoke **within 30 minutes of waking up** consider adding a **7mg patch or short acting NRT** to your starting dose.

**REPLACE EACH CIGARETTE WITH 1MG OF NRT**

## PART 1 - MEDICATION OPTIONS

### INHALER | SHORT ACTING FOR CRAVINGS

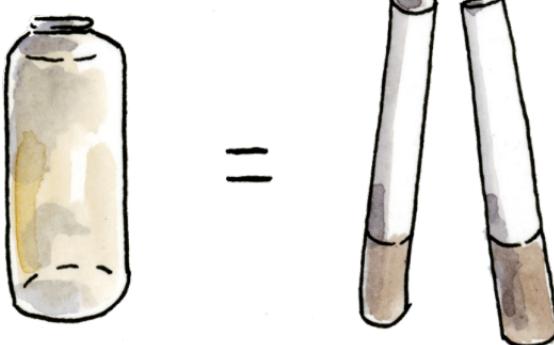


#### HOW TO USE IT:

- Take **small puffs** into your mouth and hold for a few seconds.
- **DO NOT INHALE** – Nicotine from the inhaler is absorbed by your mouth, not your lungs. Inhaling may give you throat burn.
- Puff as needed until your cravings are gone.
- It may take **5 mins or longer** for the medication to take effect.

#### POSSIBLE SIDE EFFECTS:

- Mouth / throat irritation
- Headache
- Nausea



**ONE INHALER CARTRIDGE  
IS ABOUT THE SAME AS  
SMOKING 1-2 CIGARETTES**

If using **more than 10 cartridges per day**, consider adding a **7mg patch to your current NRT dose** (see table on page 7).

**COST PER BOX: \$34 - \$48 | COST PER DAY: \$6 - \$7**

## PART 1 - MEDICATION OPTIONS

### GUM | SHORT ACTING FOR CRAVINGS



#### HOW TO USE IT:

- Chew slowly a few times and **then stop chewing**. You may taste the nicotine or feel tingling.
- “Park” the piece between cheek and gums. **“Park” it for longer than you chew** or until the tingling is gone.
- After 1 minute, **repeat**.
- “Park” the piece of gum in a different place in your mouth each time.
- Repeat the cycle for 5 to 30 mins or until craving passes. Throw piece of gum after 30 minutes.

#### POSSIBLE SIDE EFFECTS:

- Nausea
- Mouth soreness
- Hiccups
- Clings to dental work
- Jaw pain

#### IF YOU SMOKE YOUR FIRST CIGARETTE:



**AFTER 30 MINUTES** of waking up - USE 2mg GUM

**WITHIN 30 MINUTES** of waking up - USE 4mg GUM

**LESS CHEWING  
MORE “PARKING”**



**TO AVOID AN  
UPSET STOMACH**

If using **more than 10 pieces of gum per day** consider adding a **7 mg patch to your current NRT dose** (see table on page 7).

**COST PER BOX: \$15 - \$48 | COST PER DAY: \$3 - \$7**

## PART 1 - MEDICATION OPTIONS

### LOZENGE | SHORT ACTING FOR CRAVINGS



#### HOW TO USE IT:

- Put the lozenge in your mouth and **let it dissolve** over 20 to 30 mins. Occasionally move it side to side.
- Do not chew or swallow the lozenge.
- Use each lozenge until craving passes.
- It may take 5 mins or longer for the medication to take effect.

#### POSSIBLE SIDE EFFECTS:

- Nausea
- Headache
- Heartburn
- Coughing
- Hiccups

#### IF YOU SMOKE YOUR FIRST CIGARETTE:



**AFTER  
30 MINUTES**  
of waking up -  
USE 2mg GUM

**WITHIN  
30 MINUTES**  
of waking up -  
USE 4mg GUM

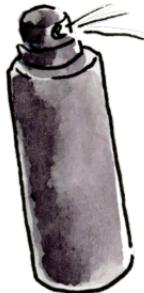
#### LOZENGES ARE AVAILABLE IN **1mg, 2mg & 4mg** DOSES

If using **more than 10 lozenges per day**, consider adding a **7 mg patch to your current NRT dose** (see table on page 7).

**COST PER BOX: \$15 - \$47 | COST PER DAY: \$3 - \$8**

## PART 1 - MEDICATION OPTIONS

### MOUTH SPRAY | SHORT ACTING FOR CRAVINGS



#### HOW TO USE IT:

- For first use, point away from your face and press down on the pump to prime.
- Spray under your tongue or on the inside of your cheek.
- Avoid inhaling or swallowing for a few seconds after you spray.
- It may take 1 min or longer for the medication to take effect.

#### POSSIBLE SIDE EFFECTS:

• Headache	• Changes in taste
• Nausea	• Mouth tingling
• Vomiting	• Hiccups



**DO NOT SPRAY  
MORE THAN ONCE EVERY 15 MINUTES**



**DO NOT EXCEED  
64 SPRAYS PER DAY**



**DO NOT INHALE  
OR TAKE A BREATH WHILE SPRAYING**

If you feel you need **more than 64 sprays per day**, consider adding a 7 mg patch to your current NRT dose (see table on page 7).

**COST PER BOX: \$25 - \$47 | COST PER DAY: \$11 - \$18**

## PART 1 - MEDICATION OPTIONS

### VARENICLINE | PRESCRIPTION MEDICATION



**DAYS 1-3**  
**BREAKFAST**  
One 0.5mg tablet

**DAYS 4-7**  
**BREAKFAST**  
One 0.5mg tablet

**DINNER**  
One 0.5mg tablet  
(at least 8 hours after  
breakfast dose)

**WEEKS 2-12**  
**BREAKFAST**  
One 1mg tablet

**DINNER**  
One 1mg tablet (at least 8  
hours after breakfast dose)

**Usually taken for 12 weeks** – can be taken for up to 24 weeks.

#### HOW TO USE IT:

- Take pill **after a meal** with a full glass of water.
- Your dosage can be reduced to address side effects.
- You can use over-the-counter anti-nausea medication if nausea persists.
- If you forget to take your medication, you can take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.
- Do not engage in potentially dangerous tasks (e.g. operating machinery) until you are sure this medication doesn't make you drowsy.

#### POSSIBLE SIDE EFFECTS:

• Nausea	• Gas	• Altered/depressed mood
• Abnormal dreams	• Vomiting	• Allergic reaction (rare)
• Trouble sleeping	• Headache	• Constipation

**Note:** If you or your family notice changes in behaviour that are not normal for you (e.g. agitation, depressed mood), or if you have an allergic reaction, stop taking the medication and contact your healthcare provider immediately.

**YOU CAN START TAKING VARENICLINE 8-35 DAYS  
BEFORE YOUR QUIT DATE**

**COST PER BOX: \$70 - \$127 / 1-month supply | COST PER DAY: \$2 - \$5**

## PART 1 - MEDICATION OPTIONS

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### BUPROPION SR | PRESCRIPTION MEDICATION

**DAYS 1-3**  
**BREAKFAST**  
One 150mg tablet

**DAY 4 - WEEK 12 BREAKFAST**  
One 150mg tablet

**DINNER**  
One 150mg tablet  
(at least 8 hours after  
breakfast dose)

**Usually taken for 12 weeks** – can be taken for up to 24 weeks.

---

#### HOW TO USE IT:

- Your dosage can be reduced to address side effects.
- If you forget to take your medication, you can take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.

#### POSSIBLE SIDE EFFECTS:

• Trouble sleeping	• Altered mood
• Dry mouth	• Change in taste
• Nausea	• Palpitations
• Constipation	• Shakiness
• Anxiety	• Seizures (rare)

**Note:** If you or your family notice changes in behaviour that are not normal for you (e.g. agitation, depressed mood), or if you have an allergic reaction, stop taking the medication and contact your healthcare provider immediately.

**START TAKING BUPROPION AT LEAST 7 DAYS BEFORE YOUR QUIT DATE**

**COST PER BOX: \$63 - \$90 / 1-month supply | COST PER DAY: \$2 - \$3**

## PART 1 - MEDICATION OPTIONS

### CYTISINE | OVER-THE-COUNTER MEDICATION



**DAYS 1-3** | Take one capsule **6 times a day, every 2 hours**

**DAYS 4-12** | Take one capsule **5 times a day, every 2.5 hours**

**DAYS 13-16** | Take one capsule **4 times a day, every 3 hours**

**DAYS 17-20** | Take one capsule **3 times a day, every 5 hours**

**DAYS 21-25** | Take one capsule **1-2 times a day, every 6 hours**

#### HOW TO USE IT:

- Take capsule as directed by the dosing schedule on the package.
- When you start taking this medication, reduce the number of cigarettes you smoke each day.

#### POSSIBLE SIDE EFFECTS:

- Nausea
- Upset stomach
- Sleep disturbances

**Note:** If you are unsure whether you are experiencing a cytisine side effect or a symptom of nicotine withdrawal, contact your healthcare professional.



**START TAKING CYTISINE 5 DAYS BEFORE YOUR QUIT DATE**

**COST PER BOX: \$66 / 25-day supply | COST PER DAY: \$0.35 - \$2.15**

## PART 1 - MEDICATION OPTIONS

# IF YOU ARE REDUCING SET A GOAL

I WOULD LIKE TO CUT BACK THE AMOUNT I SMOKE FROM:

\_\_\_\_\_ CIGARETTES PER DAY TO \_\_\_\_\_ CIGARETTES PER DAY

STARTING ON:

DAY / MONTH / YEAR

## STRATEGIES FOR ACHIEVING YOUR GOALS



**Start to eliminate one cigarette each day** in the order of what would be easiest to give up.

**Increase the amount of time in between each cigarette.**

**Try "practice" quits** by picking certain days and going half or all day without smoking.

**Ban smoking in certain places** (e.g., your house, your car).



ONCE YOU HAVE ACHIEVED YOUR GOAL AND WANT TO CUT BACK FURTHER, **SET A NEW GOAL.**



**REPLACE EACH CIGARETTE WITH 1MG OF SHORT AND/OR LONG ACTING NRT**

## PART 1 - MEDICATION OPTIONS

### REDUCING EXAMPLES

**IF YOU SMOKE 40 CIGARETTES PER DAY AND WANT TO REDUCE:**

REDUCE BY HALF		REDUCE BY HALF		REDUCE TO QUIT	
40 CIGARETTES PER DAY 	► ADD NRT  REPLACE 20 CIGARETTES WITH: 21mg patch + short acting NRT as needed	20 CIGARETTES PER DAY 	► ADD MORE NRT  REPLACE 30 CIGARETTES WITH: 21mg patch + 14mg patch + short acting NRT as needed	10 CIGARETTES PER DAY 	► ADD MORE NRT  REPLACE ALL 40 CIGARETTES WITH: 42mg (2 x 21mg patch) + short acting NRT as needed  

*Once you are down to zero cigarettes, proceed to follow patch treatment on page 7.*

**IF YOU SMOKE 40 CIGARETTES PER DAY AND WANT TO REDUCE:**

REDUCE BY HALF		REDUCE TO QUIT	
25 CIGARETTES PER DAY 	► ADD NRT  REPLACE 12 CIGARETTES WITH: 14mg patch and/or short acting NRT as needed	12 CIGARETTES PER DAY 	► ADD MORE NRT  REPLACE ALL 25 CIGARETTES WITH: 21mg patch + short acting NRT as needed  

*Once you are down to zero cigarettes, proceed to follow patch treatment on page 7.*

**AS YOU REDUCE THE NUMBER OF CIGARETTES YOU SMOKE,  
INCREASE THE AMOUNT OF NRT YOU USE.**

## PART 2 - PLANNING FOR SUCCESS

# CHOOSE YOUR SUPPORT YOU ARE NOT ALONE!

## QUIT SMOKING FOLLOW-UP PROGRAM

If you are enrolled in the OMSC Follow-up Program, on specific days you will get a short call or email that will ask you basic questions about how you are doing. If you need help, a nicotine addiction treatment specialist will call you back.

**□ FOLLOW-UP APPOINTMENT WITH YOUR HEALTHCARE PROVIDER (OR AT CLINIC)**

Please come back and see me. My name is \_\_\_\_\_

Date/Time: \_\_\_\_\_ |

DAY / MONTH / YEAR

TIME

If you can't make your appointment, call \_\_\_\_\_

## OTHER HEALTHCARE PROVIDER SUPPORT

If you have general questions about your medications or your quit attempt, call your nicotine addiction treatment specialist, or visit your local pharmacist or other healthcare provider for more information and guidance.

## □ **QUIT LINES**

Quit lines provide support over the telephone or online.  
See page 29 to find support in your area.

## □ OTHER COMMUNITY RESOURCES

## PART 2 - PLANNING FOR SUCCESS

# SET YOUR GOAL

Choose the date you want to stop smoking/vaping or you want to start reducing how much you smoke/vape.



**THE DAY YOU PLAN TO QUIT OR START REDUCING:**

(DAY / MONTH / YEAR)



**THE DAY YOU PLAN TO START MEDICATION:**

(DAY / MONTH / YEAR)



## PART 2 - PLANNING FOR SUCCESS

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### YOUR PLAN FOR SUCCESS

It is important to be prepared for when and where you may feel like having a smoke, a vape, or other nicotine products.

#### WHAT DO YOU **LIKE** ABOUT SMOKING/VAPING?

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#### WHAT DO YOU **NOT LIKE** ABOUT SMOKING/VAPING?

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#### WHEN AND WHERE DO YOU USE TOBACCO/VAPING DEVICES/ NICOTINE PRODUCTS? (CIGARETTES, CIGARS, CHEW, ETC.)

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#### WHAT CAN YOU DO TO **AVOID** THESE PLACES?

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#### WHAT ARE YOUR **TRIGGERS** TO SMOKE/VAPE?

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#### WHAT CAN YOU DO **INSTEAD**?

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## PART 3 - PREPARING FOR CHANGE

### PREPARE FOR CHANGE AND STAY ON TRACK

#### BEFORE YOU START

- Let your friends, family and co-workers know that you are quitting or cutting back and that you would appreciate their support.
- Make your car and home smoke-free zones.
- If using NRT, **review pages 6 to 11**.
- If taking varenicline, **review page 12**.
- If taking bupropion SR, **review page 13**.
- If taking cytisine, **review page 14**.
- Think of different ways to reward yourself for staying 'smoke-free'.

#### THE DAY BEFORE YOUR QUIT DATE



**Most find it helpful** to throw out all cigarettes, ashtrays and lighters.

#### ON YOUR QUIT DATE AND BEYOND



If you are using NRT, apply the patch **first thing in the morning**.



Use the nicotine inhaler, gum, lozenge or mouth spray to **help you through cravings**.



**Keep yourself busy** at times when you might normally smoke.



Drink a lot of **water**.



**Avoid your triggers** (e.g. don't go on smoke breaks with co-workers, go for a walk instead).



**Avoid alcohol**, as it can trigger you to smoke.



If you use cannabis, **avoid smoking it**. Consider oil and/or edible options.

## PART 3 - PREPARING FOR CHANGE

# STAY ON TRACK

### DEALING WITH WITHDRAWAL SYMPTOMS AND CRAVINGS:



- Be sure to use your medication every day.
- Use short-acting NRT (gum, lozenge, inhaler, or spray) to control or prevent cravings.
- If your cravings are unmanageable, consider increasing the amount of NRT.
- WAIT IT OUT – cravings usually pass after 3-5 minutes.

### DEALING WITH STRESS:



- Stress affects everyone! In the past, you may have used smoking to deal with stress. The way you manage stressful situations now will likely be different.
- SUGGESTIONS: be physically active every day, get enough sleep, identify your support networks (e.g. friends and family), make time for yourself.

### CHANGES TO YOUR MOOD:



- When quitting smoking, your mood may change in the short- term. This is normal and usually improves within a few weeks.
- If you notice significant changes to your mood or mental health, contact your healthcare provider.



### COUGHING:

- You may cough more when quitting. This happens because your lungs are clearing themselves.



### MANAGING YOUR WEIGHT WHILE QUITTING:



- You may have an increase in appetite while quitting smoking. Choose healthy snacks (e.g. crunchy vegetables) and drink plenty of water.
- Creating an exercise routine (e.g. going for a 30 min walk) can help to manage your appetite and possible weight gain.

# IF YOU HAVE A SLIP, IT'S OK! MAKE A PLAN TO GET BACK ON TRACK



### TRY TO CHANGE YOUR SITUATION

Where do you smoke?  
Try to avoid these places or make sure you have short acting NRT available.



### TAKE ACTION

Find something else to do – dance, sing, walk, paint, play a sport, etc.



### TALK TO YOUR CIRCLE OF CARE

Call your nicotine addiction treatment specialist, pharmacist, healthcare provider, friend, or family member.

### KEEP USING YOUR MEDICATIONS EVERYDAY

- **Combine NRT** (if not already)
- Consider **increasing dose** of NRT
- Consider a **change in your choice** of smoking cessation medication

## THE MORE TIMES YOU TRY TO QUIT, THE MORE LIKELY YOU WILL QUIT



## **WHEN YOU FEEL THE URGE TO SMOKE THINK OF THE 4 D'S**



### **DELAY**

Cravings will usually pass within 3-5 minutes, so try to delay smoking.



### **DRINK WATER**

Drinking water helps to flush out the chemicals and toxins from your system.



### **DISTRACT**

Occupy yourself with a task to keep your mind off smoking.



### **DEEP BREATHS**

Deep breaths help you relax and help the cravings go away. Inhale deeply, hold for a couple of seconds, and then release slowly. Repeat.

# E-CIGARETTES/VAPING

## EVIDENCE FOR USING E-CIGARETTES AS A SMOKING CESSATION TOOL IS LIMITED



Vaping devices heat a liquid (i.e. e-juice) to produce vapour that can be inhaled. Even though no combustion happens, unlike with traditional cigarettes, **heating vape liquids still produces harmful chemicals.**

E-juices **usually contain** vegetable glycerine or propylene glycol, flavouring, and nicotine.

Some vaping devices use pod systems and look like USB sticks. **Pod system vaping devices**, known as **pod vapes**, use concentrated e-juice cartridges (i.e. pods). Some pod vapes (e.g. JUUL) deliver significantly more nicotine than traditional e-cigarettes or cigarettes.

## HEALTH RISKS ASSOCIATED WITH VAPING



**Long term health effects** of vaping and inhaling flavouring additives are still unknown.



Vapers who do not use tobacco seem to have a **lower risk** of developing cancers caused by tobacco products.



Vaping **should be avoided** by anyone who does not smoke.



Cases of severe lung injury/illness have been **linked to vaping.**



Those who vape should **keep an eye out** for symptoms of lung illness.

# OMSC RECOMMENDATIONS FOR VAPING CESSATION/REDUCTION

- There are currently no evidence-based methods to quit vaping.
- There are **two types of vapers**:  
“**EXCLUSIVE VAPERS**” and “**DUAL USERS**”

## “EXCLUSIVE VAPERS” ONLY USE VAPING DEVICES



- **Advice:** do not return to smoking cigarettes. Try to reduce the nicotine content of your e-juice and how often you vape.
- **Treatment:** use combination NRT or other smoking cessation medication + behavioural counselling to reduce or quit vaping.
- **Note:** for those using pod vapes, a higher initial dose of NRT may be required.

## “DUAL USERS” USE VAPING DEVICES AND TRADITIONAL CIGARETTES



- **Advice:** quit cigarettes first. Try to reduce the nicotine content of your e-juice and how often you vape.
- **Treatment:** use combination NRT or other smoking cessation medication + behavioural counselling to reduce or quit cigarettes. Once you have quit cigarettes, continue using combination NRT + behavioural counselling to reduce or quit vaping.
- **Note:** for those using pod vapes, a higher initial dose of NRT may be required.



**REFER TO PAGE 7 (PATCH DOSE) AND PAGE 13 (REDUCTION) FOR GUIDANCE ON NRT USE.**

# CANNABIS USE

IF YOU DON'T CURRENTLY USE CANNABIS,  
**THERE IS NO REASON TO START.**



- Long term health effects of cannabis use are still unknown.
- Cannabis use increases heart rate and blood pressure.
- Smoking cannabis is not a good idea for someone with ischemic heart disease.
- If you are going to use cannabis, don't smoke it. Try oil or edible options but be careful to follow safe dosing guidelines.
- Cannabis may interact with other medications that you are taking. Cannabis users should speak to their pharmacist or other health care provider about potential drug interactions.

## CANNABIS USE AND QUITTING SMOKING



Cannabis use can make quitting tobacco more difficult. **It can be a trigger for tobacco use.**



Using cannabis with other substances (e.g. alcohol) can also **make quitting tobacco more difficult.**



If you are trying to quit tobacco, **avoid mixing tobacco and cannabis together.**



**IF USING CANNABIS, FOLLOW CANADA'S LOWER-RISK CANNABIS USE GUIDELINES.**

# PLAN SUMMARY

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## PART 1 – YOUR QUIT SMOKING MEDICATION(S) *(see page 4)*

- Nicotine Replacement Therapy (NRT)**
- Patch
- Inhaler
- Gum
- Lozenge
- Mouth Spray
- Varenicline (Champix® and Chantix®)**
- Bupropion SR (Zyban®)**
- Cytisine (CRAVV®)**

**MEDICATION START DATE:** \_\_\_\_\_  
DAY / MONTH / YEAR

**DOSING INFORMATION:** \_\_\_\_\_  
\_\_\_\_\_

---

## PART 2 – PLAN YOUR SUCCESS *(see page 17 and 18)*

**YOUR QUIT/REDUCE DATE:** \_\_\_\_\_  
DAY / MONTH / YEAR

- OMSC Follow-up Program**
- Follow-up appointment with your healthcare provider** (or at clinic)

**DATE/TIME:** \_\_\_\_\_  
DAY / MONTH / YEAR

**□ Other Community Resources:** \_\_\_\_\_  
\_\_\_\_\_

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## PART 3 – PREPARE FOR CHANGE AND STAYING ON TRACK

*(see page 20)*

# HOW MUCH WILL YOU SAVE?

IF YOU QUIT SMOKING 1 PACK A DAY,  
YOU COULD SAVE OVER **\$5,500.00 PER YEAR**



# PACKS  
PER WEEK

\$ PER WEEK

x

x 1 WEEK = \$

WEEKS

x 4 = \$

/MONTH

MONTHS

x 12 = \$

/YEAR

YEARS

x 5 = \$



# LOOKING FOR MORE HELP TO **QUIT SMOKING** **OR VAPING?**

Call **811** to talk to a registered nurse  
trained to support you as you quit.

The call is confidential, you can ask to  
remain anonymous and the service is  
available 24 hours a day, 7 days a week.



## REFERENCES

Reid et al. 2016. Managing Smoking Cessation, CMAJ. 188(17-18).

University of Ottawa Heart Institute's Titration Guidelines and Medical Directives Canadian Cancer Society | One step at a time: For smokers who want to quit Health Canada | On the road to quitting: Guide to becoming a non-smoker

U.S. Department of Health and Human Services | Treating tobacco use and dependence: Clinical Practice Guideline 2008 update

## SMOKING CESSATION MEDICATION MONOGRAPHS FROM

- Pfizer Canada
- Novartis Consumer Health Canada
- McNeil Consumer Healthcare
- zpharm Canada

## PRIVACY

It is important to us that your personal information is kept safe.

As a part of the program, the University of Ottawa Heart Institute's Ottawa Model for Smoking Cessation (OMSC®) program collects, uses, and stores your personal information in order to provide you with support while you change your smoking behaviour; manage and evaluate the program; and comply with the law. The OMSC® program may also use your de-identified information in reports, presentations, and publications.

You can request changes to your personal information or remove yourself from the OMSC® program by contacting your health care provider's privacy office or emailing [omsc@ottawaheart.ca](mailto:omsc@ottawaheart.ca).

For more information about the OMSC® program's privacy practices and to learn more about how we safeguard and protect your personal information please visit [www.ottawamodel.ca/privacy](http://www.ottawamodel.ca/privacy).

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*Adopted with permission by the Government of the Northwest Territories from the Ottawa Model for Smoking Cessation. For more information visit [ottawamodel.ca](http://ottawamodel.ca)*

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**OTTAWA MODEL**  
FOR SMOKING CESSATION  
POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE