

# Stopping Smoking - Ways to Stop Management Options

## Brief decision Aid (BDA)

There are **five** options for quitting smoking:

- **Going it alone.**
- Stop smoking with **advice and support.**
- Stop smoking with **nicotine replacement + advice and support.**
- Stop smoking with **Varenicline (Champix) + advice and support.**
- Stop smoking with **Bupropion (Zyban) + advice and support.**

Remember you save money by stopping smoking (between £2,000 and £3,000 every year if you currently smoke 20 cigarettes a day!).

In making a decision you need to ask yourself - What is important to me? This leaflet and your health professional can tell you the evidence and give their suggestions but you need to make a decision that is right for you. What are your preferences?

You might like to think about:

- How important is it for me to give up, and how confident am I that I can give up?
- What are the main motivators for me?
- Have I tried before? What worked and did not work?
- Am I prepared for possible weight gain and do I have a plan for coping with this?
- Can I make the lifestyle changes?
- Do I want to take tablets? What do I think about side effects?
- Do I have support, and is there anyone else who could give up with me?

### Benefits and Risks of going it alone

Treatment option	Benefits	Risks or consequences
<b>Going it alone</b>	<p>16 in 100 people will have stopped at four weeks.</p> <p>You don't pay for prescriptions and you save money by stopping smoking (between £2,000 and £3000 every year if you currently smoke 20 a day).</p> <p>You don't need regular review appointments.</p>	<p>84 in 100 people will not have stopped smoking at four weeks.</p> <p>Stopping on your own and keeping off the cigarettes can be hard.</p> <p>Planning/dealing with the set-backs can be hard if you don't know what to expect.</p> <p>You will have nothing to use to overcome the urge to smoke, or treat the discomfort of nicotine withdrawal, other than willpower.</p>

### Benefits and Risks of stop smoking with advice & support

Treatment option	Benefits	Risks or consequences
<p><b>Stopping smoking with an advisor 1:1 or group support</b></p> <p>NHS Smoking Helpline: 08000224332</p>	<p>22 in 100 people will have stopped smoking at four weeks with 1:1 support and 32 with group support (if available)</p>	<p>78 in 100 people will not have stopped smoking at four weeks with 1:1 support and 68 will not have stopped with group support.</p>

<p>QUIT (charity)line 0800002200</p> <p><a href="http://www.nhs.uk/smokefree">www.nhs.uk/smokefree</a></p> <p><a href="https://www.facebook.com/nhssmokefree">www.facebook.com/nhssmokefree</a></p> <p>Call 08001690171 OR text QUIT plus your postcode to 88088</p>	<p>Practical help and advice from trained specialists who can help you to plan and cope with setbacks.</p> <p>You don't have to pay for prescriptions AND you save money by stopping smoking (between £2,000 and £3000 every year if you currently smoke 20 a day).</p> <p>A wide range of support sessions are available.</p>	<p>You will have nothing to use to overcome the urge to smoke, or treat the discomfort of nicotine withdrawal, other than will power.</p>
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### Benefits and Risks of stop smoking with nicotine replacement (NRT) + advice & support

Treatment option	Benefits	Risks or consequences
<p><b>Nicotine replacement therapy (NRT) plus 1:1 or group support (if available).</b></p> <p>NRT includes patches, chewing gum, inhaler, lozenges, and sprays. NRT products have a specific taste and this is normal</p> <p>A simple breath test is available that will tell you about your progress in stopping</p>	<p>37 in 100 people who have NRT and 1:1 support will have stopped smoking at four weeks.</p> <p>50 in 100 who have NRT and 1:1 support using 2 NRT products in combination will have stopped at four weeks, and this figure may be higher with group support (if available).</p> <p>16 or 17 in 100 will still have stopped smoking at six months with NRT.</p> <p>Wide range of easy to use products.</p> <p>Some products are easy and quick to use when you feel the urge to smoke.</p> <p>Can be used in pregnancy. (guidance suggests should be seen by health professional).</p> <p>Can be used from 12 years of age.</p> <p>You will need regular follow-up appointments; these can help to keep you on track.</p>	<p>63 in 100 people who have NRT and 1:1 support will not have stopped smoking at four weeks.</p> <p>83 in 100 people will not have managed to stay off cigarettes at six months.</p> <p>There can be some side effects i.e. sleep disturbance, red skin under the nicotine patch. But remember nicotine withdrawal also causes side effects.</p> <p>You may need to pay prescriptions charges but you will save money not smoking.</p> <p>Appointments require time and effort to keep.</p>

**NOTE** E Cigarettes are not currently advised by Stop Smoking Services until there is evidence of benefit.

### Benefits and Risks of stop smoking with Varenicline tablets (Champix) + 1:1 advice & support

Treatment option	Benefits	Risks or consequences
<p><b>Varenicline (Champix) with 1:1 support</b></p> <p>You start taking tablets a week before your quit date and the course usually lasts 12 weeks.</p> <p>A simple breath test is available that will tell you about your progress in stopping</p>	<p>52 in 100 people will have stopped smoking at four weeks.</p> <p>In one trial 21 in 100 had stopped at six months compared with eight who took dummy (placebo) pills.</p> <p>Reduces withdrawal symptoms.</p> <p>Does not significantly interact with any other medicines.</p> <p>Often you will notice reduced craving, allowing you to stop completely during the 1<sup>st</sup> week of treatment.</p> <p>You will need regular follow-up appointments; these can help to keep you on track.</p>	<p>48 in 100 people will not have stopped smoking at four weeks.</p> <p>In one trial 79 in 100 had not stopped at six months.</p> <p>It does not suit patients who have had some types of mental health problems (particularly depression) in the past.</p> <p>Not licensed for people aged less than 18 years, or if there is any chance you may become pregnant.</p> <p>Only available on prescription.</p> <p>There can be some side effects i.e. headache, passing wind, nausea. You might develop agitation, low mood or suicidal thoughts, sometimes fairly suddenly. If this happens you should seek advice immediately as this rare side effect can be reversed within 2 hours.</p> <p>Appointments require time and effort to keep.</p>

### Benefits and Risks of stop smoking with two months Bupropion (Zyban) + 1:1 advice & support

Treatment option	Benefits	Risks or consequences
<p><b>Bupropion (Zyban)</b></p> <p>You start taking the tablets 1-2 weeks before your quit date and usually continue the tablets for two months.</p> <p>A simple breath test is available that will tell you about your progress in stopping</p> <p>You should not take if there is any chance you may become pregnant.</p>	<p>39 in 100 people will have stopped smoking at four weeks.</p> <p>In one study 19 in 100 stopped smoking at six months compared with 10 who had the dummy (placebo) pills.</p> <p>Reduces withdrawal symptoms.</p>	<p>61 in 100 people will not have stopped smoking at four weeks.</p> <p>In one study 81 in 100 did not stop smoking at six months.</p> <p>Only available on prescription and you will need regular review appointments.</p> <p>You may need to pay prescriptions charges but you will save money not smoking.</p> <p>It does not suit patients on certain other medications or with some medical conditions.</p> <p>Not suitable for people under 18 years.</p> <p>1 in 1000 will have a seizure on Zyban and it cannot be offered to anyone at increased risk of seizures.</p>

**Brief Decision Aids** are designed to help you answer three questions: **Do I have options? What are the benefits and risks of these options, (and how likely are they)? How can we make a decision together that is right for me?**