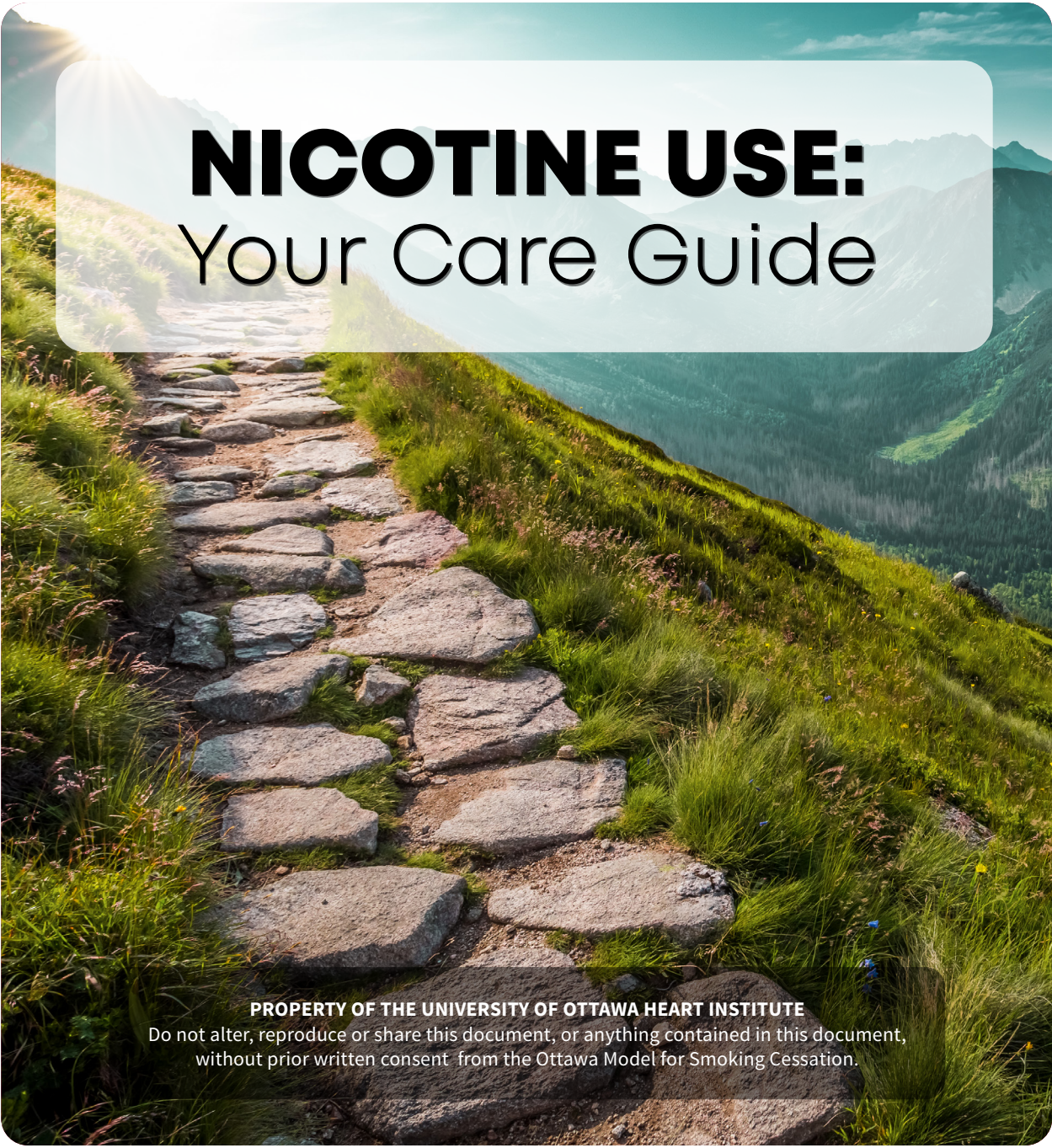




NICOTINE USE: Your Care Guide

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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!



It is recognized that this resource may be used on the traditional territories of First Nations, Inuit and Metis People across Canada. We honor the relationship Indigenous Peoples have with the land, culture and community.

TABLE OF CONTENTS

Use this guide to support making changes to your tobacco use and/or vaping. It is designed to help you: build the skills and motivation needed to reach your goals; understand what to expect during the process; and create a plan that works for you. Remember that making a change takes time — **be patient with yourself and recognize your progress along the way.**

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TOBACCO



Tobacco comes from the leaves of the *Nicotiana tabacum* and *Nicotiana rustica* plants. Tobacco products contain an addictive drug called **nicotine**. **All forms of tobacco use are harmful, and there is no safe level of use.** In some Indigenous cultures, tobacco is used in ceremony as a medicine and offering. Sacred or traditional tobacco use is distinct from commercial tobacco use and is not associated with nicotine dependence. This resource focuses on treatment for commercial tobacco and nicotine products, while respecting traditional practices.

TYPES OF TOBACCO



CIGARETTES

Tobacco leaves rolled in paper.
Most common form of tobacco use worldwide.



CIGARS

Tobacco leaves rolled in a tobacco leaf.



PIPE

Tobacco leaves smoked through a pipe.



SMOKELESS

Includes chewing tobacco, snuff and snus. Nicotine is absorbed through the gums.



HOOKAH/SHISHA

Flavoured tobacco passes through water and smoked through a pipe. Believed to be a healthier option but is as unsafe as other types.



TOBACCO SMOKE CONTAINS OVER 7,000 HARMFUL CHEMICALS

Nicotine is a highly addictive drug that is commonly smoked, vaped, chewed, or sniffed. It triggers your brain to release a big boost of dopamine, the “feel good” chemical.

THE BENEFITS OF QUITTING SMOKING

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 15 YEARS

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

WITHIN 2 WEEKS TO 3 MONTHS

Blood and oxygen move better through your body.

WITHIN 10 YEARS

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

WITHIN 1 YEAR

Your risk of a heart attack drops by half compared to a smoker.

WITHIN 6 MONTHS

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



OTHER HEALTH BENEFITS



Quitting smoking 4 to 6 weeks before an operation can significantly reduce the risk of complications after any 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. Over time, those who quit smoking have more positive moods and less anxiety, depression and stress compared to those who continue smoking.

E-CIGARETTE (VAPE)



There is growing evidence that e-cigarettes with nicotine may help you quit smoking tobacco. **However, due to the lack of long-term evidence confirming their safety, e-cigarettes are not considered a first-line option for quitting smoking.**

E-cigarettes, also known as **vapes** or **vaping devices**, heat an e-liquid (freebase nicotine e-juice and nicotine salts) to produce vapor that can be inhaled. E-liquids contain **nicotine**, vegetable glycerine and/or propylene glycol, and flavourings.

Even though no combustion happens, unlike with traditional cigarettes, **heating vape e-liquids produces harmful chemicals.**

Always keep e-liquids away from children and pets.

Vaping is not intended for youth and non-smokers

Vaping devices include: pod systems, disposables, vape pens, and box mods (vaping devices vary in design and evolve rapidly). **Many of these vape devices deliver far more nicotine than traditional cigarettes.**



HEALTH RISKS ASSOCIATED WITH VAPING



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



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 **watch** for symptoms of lung illness, such as increased heart rate, cough or shortness of breath.

RECOMMENDATIONS FOR VAPING CESSATION/REDUCTION

There is growing evidence to support using different methods to quit vaping, including medication.

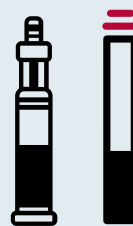
EXCLUSIVE VAPERS only use vaping devices



- **Advice:** do not return to or start smoking cigarettes. Try to reduce the nicotine content of your e-liquid and how often you vape.
- **Treatment:** use combination Nicotine Replacement Therapy (NRT) or other smoking cessation medication + behavioural counselling to reduce or quit vaping.
- **Note:** 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-liquid 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:** a higher initial dose of NRT may be required.



TO CALCULATE TOTAL DAILY NICOTINE INTAKE FROM VAPING:

Multiply nicotine strength of e-liquid (mg/mL) **x** amount of e-liquid (mL) used per day

Not sure how many mL of e-liquid you use per day?

Divide the total volume (mL) of your e-liquid(s) by the number of days it lasts you.

CANNABIS USE



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

CANNABIS USE AND QUITTING SMOKING



If you are trying to quit tobacco, **avoid mixing it with cannabis.**



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



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

HEALTH RISKS ASSOCIATED WITH CANNABIS USE

- Using cannabis can negatively affect your brain, heart, lungs and mental health. It may make it harder to think clearly, remember things, or stay motivated.
- If you are going to use cannabis, don't smoke it. Try oral oil drops 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 health care provider about potential drug interactions.
- Long term health effects of cannabis use are still unknown.



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

IF YOU QUIT SMOKING/VAPING, DO YOU KNOW HOW MUCH MONEY YOU COULD SAVE?

# PACKS/ PODS/ DISPOSABLES/ E-LIQUID BOTTLES EACH WEEK	x	\$ FOR EACH PACK/POD/ DISPOSABLE/ E-LIQUID BOTTLE	=	\$ EACH WEEK	x	52 WEEKS	=	\$ EVERY YEAR
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WHAT WILL YOU DO WITH THAT EXTRA MONEY?

Set your intention/goal:

YOUR PLAN FOR SUCCESS

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

Why do you smoke/vape? What do you like about smoking/vaping? _____

Why do you want to make a change? What do you not like about smoking/vaping? What are your reasons to change? _____

When and where do you use tobacco/vaping devices? (Cigarettes, cigars, chew, etc.)

What can you do to avoid these places? _____

What are your triggers to smoke/vape? _____

What can you do instead? _____

SET YOUR GOAL

Setting goals can help you achieve success. When you have decided to take the big step to make a change, **write a goal in the S.M.A.R.T. format.**

Specific • What do you want to do exactly?

Measurable • Track how you are doing.

Achievable • Is this doable? (This does not mean easy).

Realistic • Is this goal within your reach?

Timely • What time frame? What is your deadline?

Write down your goals. Example: I will reduce my cigarette use from 10 cigarettes per day to 0 (**Specific & Measurable**) by March 31 (**Timely**) by decreasing my use by 1 cigarette per week. I will support this goal by using my NRT as directed and going for a walk whenever I experience a craving (**Realistic & Achievable**).

SET YOUR GOAL

The day you plan to quit **or** start reducing: DAY / MONTH / YEAR

The day you plan to start medication: DAY / MONTH / YEAR

I would like to cut
back the amount
I smoke/vape:   DAY / MONTH / YEAR
FROM TO STARTING ON

Once you have achieved your goal and want to cut back further, **set a new goal.*



CHOOSE YOUR SUPPORT

YOU ARE NOT ALONE!

☐ **OMSC® FOLLOW-UP PROGRAM**

If you are enrolled in the OMSC® Follow-up Program, you may receive brief phone calls or emails with simple questions about how things are going. If you need help or have any questions, a Nicotine Addiction Treatment Specialist will reach out to you.

☐ **FOLLOW-UP APPOINTMENT WITH YOUR HEALTHCARE PROVIDER**

Please come back and see me. My name is _____.

Date/Time: _____.
DAY / MONTH / YEAR

If you can't make your appointment, call _____.

☐ **OTHER HEALTHCARE PROVIDER SUPPORT**

If you have questions about your medications or your quit attempt, call 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 32 to find support in your area.

☐ **OTHER COMMUNITY RESOURCES**

MEDICATIONS THAT SUPPORT CHANGE

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 nicotine cravings, 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, withdrawals, and 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 health product that comes as a capsule. It helps reduce nicotine cravings and withdrawal symptoms.

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



PATCH

LONG ACTING FOR ALL DAY

Dose/strength: 21 mg, 14 mg, and 7 mg

HOW TO USE IT

- Put patch on a **clean, dry, non-hairy** area of your body such as your arm, back, thigh, top of foot or abdomen.
- Replace your patch every day. Apply it first thing in the morning.
- 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.
- Keep out of reach from children and pets.

Maximum is 84 mg (4 x 21 mg) per day.

COMMON SIDE EFFECTS

- Skin irritation
- Insomnia
- Vivid dreams

Note: If you are unsure whether you are experiencing a 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
- Use topical cortisone cream on irritated site and/or non-drowsy antihistamine (follow your pharmacist recommendation)

Rule of thumb:
Replace each
cigarette or
mg of nicotine
in vape with
1 mg of NRT

**This plan
represents the
standard treatment
for the NRT patch**
and is meant to
act as a **guideline**.
Each person and
journey is unique,
and your treatment
plan should be
individualized
to you.

**Short acting NRT
can be added
to the patch at
any time** to help
better manage
your cravings.

NICOTINE PATCH DOSING GUIDE

For smoking or vaping • 1 mg nicotine = 1 cigarette

STEP 1: How Much Nicotine Do You Use Per Day?

Daily nicotine use...		Patch dose...
Less than 10 mg	▶	7 mg patch daily
10 – 19 mg	▶	14 mg patch daily
20 – 29 mg	▶	21 mg patch daily
30 – 39 mg	▶	35 mg (21 mg + 14 mg)
40 mg or more	▶	42 mg (21 mg + 21 mg)

STEP 2: Stay on Your Starting Dose

Use this dose for 6 weeks or longer.

STEP 3: Lower Your Dose (when smoke-free or vape-free)

Reduce by 7 mg every 2–4 weeks

42 mg ▶ 35 mg ▶ 28 mg ▶ 21 mg ▶ 14 mg ▶ 7 mg ▶ **STOP**

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

LONG ACTING
Patch

+

SHORT ACTING

Inhaler • Gum • Lozenge • Mouth Spray

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.

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



INHALER

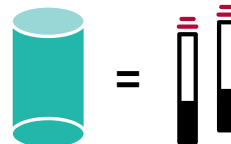
SHORT ACTING FOR CRAVINGS

Dose/strength: 10 mg/cartridge

HOW TO USE IT

- Take **small puffs** into your mouth and hold for a few seconds
- It may take **5 minutes or longer** for the medication to take effect

One inhaler cartridge contains 10 mg of nicotine, but only delivers 4 mg of nicotine, which is about the same as smoking 1-2 cigarettes



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.

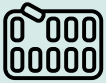
COMMON SIDE EFFECTS

- Mouth/throat irritation
- Upset stomach

If using more than 10 cartridges per day, consider using the NRT patch or adding a 7 mg patch to your current patch dose (see page 14)



10 cartridges = ~ 40 mg of nicotine



GUM

SHORT ACTING FOR CRAVINGS

Dose/strength: 2 mg and 4 mg

HOW TO USE IT

- Chew gum slowly a few times and **then stop chewing**. You may taste the nicotine or feel tingling.
- “Park” the piece between your cheeks 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 (one side of your mouth to the other).
- Repeat the cycle for 5 to 30 minutes or until craving passes. Throw out piece of gum after 30 minutes.
- Chew one piece every 1-2 hours, as needed.

COMMON SIDE EFFECTS

- Mouth/throat irritation
- Upset stomach



**IF YOU
SMOKE/
VAPE:**

**AFTER 30 MINUTES
of waking up
use 2 mg gum**

**WITHIN 30 MINUTES
of waking up
use 4 mg gum**

LESS CHEWING, MORE “PARKING” to avoid an upset stomach

If using more than 10 pieces of gum per day, consider using the NRT patch or adding a 7 mg patch to your current patch dose (see page 14)



**10 pieces of 2 mg gum = 20 mg of nicotine
10 pieces of 4 mg gum = 40 mg of nicotine**



LOZENGE

SHORT ACTING FOR CRAVINGS

Dose/strength: 1 mg, 2 mg, and 4 mg

HOW TO USE IT

- Put the lozenge in your mouth and **let it dissolve** over 20 to 30 minutes. Occasionally move it side to side.
- Use each lozenge until craving passes.
- It may take **5 minutes or longer** for the medication to take effect.

COMMON SIDE EFFECTS

- Mouth/throat irritation
- Upset stomach



**IF YOU
SMOKE/
VAPE:**

**AFTER 30 MINUTES
of waking up
use 2 mg lozenge**

**WITHIN 30 MINUTES
of waking up
use 4 mg lozenge**

Do not chew or swallow the lozenge. Let it dissolve.

If using more than 10 lozenges per day, consider using the NRT patch or adding a 7 mg patch to your current patch dose (see page 14)



10 lozenges of 1mg = 10 mg of nicotine



MOUTH SPRAY

SHORT ACTING FOR CRAVINGS

Dose/strength: 1 spray = 1 mg of nicotine

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.
- It may take **1 minute or longer** for the medication to take effect.

COMMON SIDE EFFECTS

- Mouth/throat irritation
- Upset stomach



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. Avoid inhaling or swallowing for a few seconds after you spray.

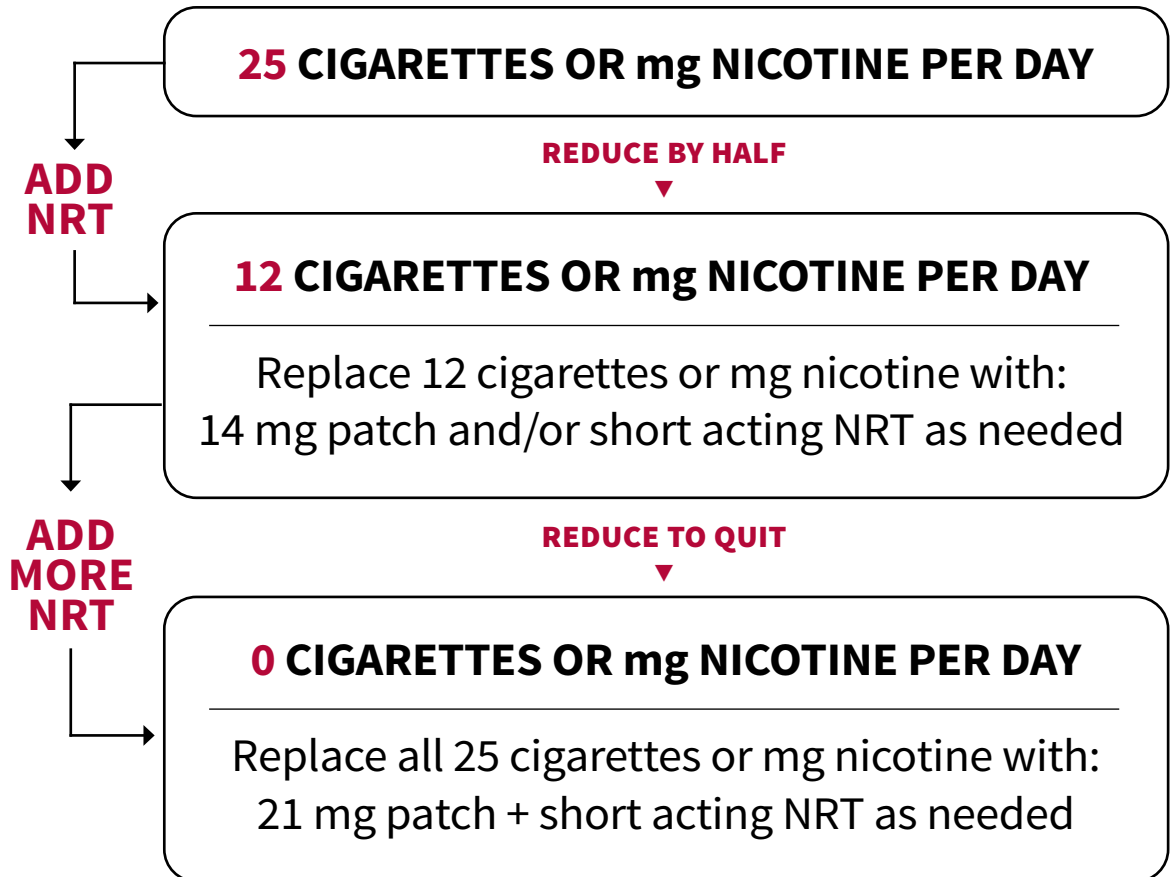
If using more than 20 sprays per day, consider using the NRT patch or adding a 7 mg patch to your current patch dose (see page 14)



10 sprays = 10 mg of nicotine
20 sprays = 20 mg of nicotine

REDUCING EXAMPLE

**If you smoke 25 cigarettes or
vape 25 mg of nicotine per day :**



*Once you are down to 0 cigarettes or mg nicotine per day,
proceed to follow patch treatment on page 14.*

As you reduce the amount you smoke/vape, **increase the amount of NRT you use.**



VARENICLINE

PRESCRIPTION MEDICATION

You can start taking varenicline 8-35 days before your quit date

DAYS 1 - 3

- **Breakfast** - One 0.5 mg tablet

DAYS 4 - 7

- **Breakfast** - One 0.5 mg tablet
- **Dinner** - One 0.5 mg tablet (at least 8 hours after breakfast dose)

WEEKS 2 - 12*

- **Breakfast** - One 1 mg tablet
- **Dinner** - One 1 mg tablet (at least 8 hours after breakfast dose)

***usually taken for 12 weeks, but can be taken for up to 24 weeks**

HOW TO USE IT

- Take pill **after/with a meal** with a **full glass of water**.
- Your dose 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 (such as operating machinery) until you are sure this medication doesn't make you drowsy.
- NRT can be added at any time to help better manage your cravings.

COMMON SIDE EFFECTS

- Nausea
- Vivid dreams
- Insomnia

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



BUPROPION SR

PRESCRIPTION MEDICATION

You can start taking bupropion at least 7 days before your quit date

DAYS 1 - 3

- **Breakfast** - One 150 mg tablet

DAY 4 - WEEK 12*

- **Breakfast** - One 150 mg tablet
- **Dinner** - One 150 mg tablet (at least 8 hours after breakfast dose)

***usually taken for 12 weeks, but can be taken for up to 24 weeks**

HOW TO USE IT

- Your dose 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.

COMMON SIDE EFFECTS

- Dry mouth
- Constipation
- Agitation
- Seizures (rare)

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



Start taking cytisine 5 days before your quit date

LOW DOSE PROTOCOL:

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**

High dose protocol:

3 mg (2 capsules)
3 times a day

**Typical treatment duration
is 25 days, but can be
extended up to 12 weeks**

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.

COMMON SIDE EFFECTS

- Nausea
- Upset stomach
- Sleep disturbances

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



COMMON SYMPTOMS

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

If you are unsure whether you are experiencing a medication side effect or a symptom of nicotine withdrawal, contact your healthcare provider. You may encounter medication side effects or symptoms of nicotine withdrawal, but the benefits of quitting outweigh any negative effects. **Medications can double or triple your chances of success.**

CAFFEINE AND QUITTING

Quitting can increase the effects of caffeine. If you feel unpleasant effects like “caffeine jitters”, nervousness, headaches, lack of sleep or heart palpitations, decrease by half the cups of coffee, tea or pop that you drink per day **or** try decaffeinated beverages instead.



NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PREPARE FOR CHANGE AND STAY ON TRACK

STRATEGIES FOR ACHIEVING YOUR GOALS



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



Increase the amount of time in between each cigarette/vape puff.



Try “practice” quits by picking certain days and going half or all day without smoking/vaping.



Ban smoking/vaping in certain places (your house or car, for example).



Make a list of distractions to use when cravings hit.



Think of different ways to **reward yourself for staying smoke-free/vape-free.**



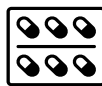
Let your friends, family and co-workers know that you are quitting or cutting back and **that you would appreciate their support.**



Only smoke/vape **outside.**



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/vape.



Drink a lot of **water.**



Avoid your triggers (for example, don't go on smoke/vape breaks with co-workers. Go for a walk instead).



Avoid alcohol, as it can trigger you to smoke/vape.



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

IDEAS TO DISTRACT YOURSELF FROM A CRAVING AND/OR WITHDRAWAL SYMPTOMS

- Play a sport
- Go to a park
- Cuddle with pets
- Take a long walk
- Have a cup of tea
- Play a video game
- Bake something fun
- Listen to soothing music
- Do yoga or try stretching
- Read a book or magazine
- Clean/declutter your home
- Rearrange/decorate a room
- Play or learn an instrument
- Take a bath, pamper yourself
- Call or text a friend/family member
- Exercise e.g.: try push-ups or sit-ups
- Eat your favourite snack e.g. popcorn
- Watch an episode of your favourite show
- Wash your face/hands or brush your teeth
- Play a game or use a fun app on your phone
- Work on a puzzle book or an adult coloring book
- Get out of the house (e.g. go shopping or to visit a friend)
- Find a new hobby (such as knitting, crochet, painting or wood working)



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 feel too hard to control, consider increasing the amount of NRT.
- **WAIT IT OUT** – cravings usually pass after **3-5 minutes**.

DEALING WITH STRESS

- **Stress affects everyone!** If you smoked or vaped to deal with stress, it will be important to find new ways to manage it.
- **SUGGESTIONS:** be physically active every day, get enough sleep, identify your support networks (friends and family), make time for yourself.

CHANGES TO YOUR **MOOD**

- When quitting, 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. Choose healthy snacks and drink plenty of water.
- Creating an exercise routine (such as going for a 30-minute walk) can help to manage your appetite and possible weight gain.
- Consult a dietitian and/or a healthcare provider.

WHEN YOU FEEL THE URGE TO SMOKE/VAPE **THINK OF THE 5Ds**



DELAY

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



DRINK WATER

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



DEEP BREATHS

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



DISCUSS

Talk to someone you trust, like a friend or counselor. Think about what made you want to smoke/vape and what you can do next time instead.



DISTRACT

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

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/vape?
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 medication

THE MORE TIMES YOU TRY TO QUIT



THE MORE LIKELY YOU WILL QUIT

NOTES

[illegible]

PLAN SUMMARY

PART 1: UNDERSTAND NICOTINE PRODUCTS, CANNABIS, THEIR EFFECTS, AND HOW YOUR HEALTH IMPROVES WITH CHANGE

PART 2: YOUR PLAN FOR SUCCESS

Your goal: _____

Your quit/reduce date: _____ DAY / MONTH / YEAR

- ☐ OMSC® Follow-up Program
- ☐ Follow-up appointment with your healthcare provider
- ☐ Other Community Resources: _____

PART 3: MEDICATIONS THAT SUPPORT CHANGE

☐ Nicotine Replacement Therapy (NRT)

☐ Patch

☐ Inhaler

☐ Gum

☐ Lozenge

☐ Mouth Spray

☐ Varenicline

☐ Bupropion SR

☐ Cytisine

Medication start date: _____ DAY / MONTH / YEAR

Dosage information: _____

PART 4: STAYING ON TRACK

This plan is applicable whether you are planning to quit or choosing to reduce your smoking/vaping. However, this tool may not be useful for everyone - speak to your healthcare provider to choose the plan that is right for you.

FOR MORE SUPPORT

ALBERTA | AlbertaQuits | albertaquits.ca | 1-866-710-7848

(English) 8am – 8pm MST | 7 days a week | 24/7 voicemail | Text messaging support available

BRITISH COLUMBIA | Quit Now | quitnow.ca | 1-877-455-2233

(English, French) | 24/7 incoming calls | Text messaging support available

MANITOBA | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | Monday to Thursday: 7am – 8pm CST | Friday: 7am – 5pm CST |
Saturday & Sunday: 8am – 4pm CST | 24/7 voicemail | Text messaging support available

NEW BRUNSWICK | Smoke-Free NB | 1-866-366-3667 | (English & French)

Monday to Friday: 9am – 9pm AST (excluding holidays) | 24/7 voicemail & text messaging support

NEWFOUNDLAND AND LABRADOR | Smokers' Helpline | smokershelp.net | 1-800-363-5864

(English) | Monday to Thursday: 9am – 9pm NST | Friday: 9am – 5pm NST | 24/7 voicemail |
Text messaging support available

NORTHWEST TERRITORIES | NWT Health Advice Line | Call 811 or 1-844-259-1793 | 811 is available in English and French, with translation services for all official languages of the NWT. Available 24/7

NOVA SCOTIA | Tobacco Free Nova Scotia | tobaccofree.novascotia.ca | Call 811

(English, French) | Live chat available | Monday to Thursday: 9am – 10pm AST |
Friday: 9am – 7pm AST | Saturday & Sunday: 10am – 6pm AST

NUNAVUT | NUQuits | nuquits.gov.nu.ca | (4 official languages) | 1-866-368-7848

(English, French, Inuktitut, and Inuinnaqtun) | 24/7 incoming calls | Live Chat (English)
Monday to Friday: 9am – 9pm EST

ONTARIO | Health 811 | Call 811 | 24-hour support | (English & French).

UOHI Quit Smoking Program (English, French & translation services) 613-696-7069

OMSC Follow-up Program (English & French) 1-888-645-5405

PRINCE EDWARD ISLAND | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | 24/7 voicemail | Text messaging support available
Monday to Thursday: 9am – 10pm AST | Friday: 9am – 7pm AST | Saturday and Sunday: 10am – 6pm AST

QUÉBEC | Ligne j'arrête! / iQuitNow! | tobaccofreequebec.ca/iquitnow | 1-866-527-7383

(English & French) | Text messaging support available
Monday to Thursday: 8am – 9pm | Friday: 8am - 8pm, EST | 24/7 voicemail

SASKATCHEWAN | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333

(English & French) | 24/7 voicemail | Monday to Thursday: 6am – 7pm CST |
Friday: 6am – 4pm CST | Saturday and Sunday: 7am – 3pm CST

YUKON | Smokers' Helpline | smokershelpline.ca | 1-877-513-5333 | Text messaging support available |

(English & French) | Monday to Thursday: 5am – 6:00 pm PST | Friday: 5:00 am – 3:00 pm PST |
Saturday and Sunday: 6:00 am – 2:00 pm PST | 24/7 voicemail

OTTAWAMODEL.CA

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

Mir et al. 2025. Canadian Cardiovascular Society Clinical Practice Update on Contemporary Approaches to Smoking Cessation, CJC 41(797-812).

Pharmacists Association of Canada. A Pharmacist's Toolkit for Smoking Cessation Counselling.

Health Canada. Quit with confidence: Guide to a smoke-free life

Rigotti et al. 2023. Cytisinicline for Smoking Cessation A Randomized Control Trial. JAMA. 330;2(152-160).

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.

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.



OTTAWA MODEL
FOR SMOKING CESSATION

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE