



# 10 TIPS TO QUIT VAPING

1



## **Be informed about your vaping.**

You might be surprised at how much nicotine you're vaping daily. Knowing this might help you quit. Learn how to calculate how much nicotine you're vaping by scanning the QR code.

2



## **Reduce the nicotine concentration in your vape over time until you're nicotine free.**

You may need to go to another vape shop to find vapes or e-juices with lower concentrations of nicotine. Some shops may not be aware of them.

3



## **Make changes to your routine around tricky times.**

If you know you always vape in the same place and at the same time every day, change your routine and plan to do things differently.

4



## **Make your home and vehicle(s) vape-free zones.**

It's very easy to graze on it all day. If vaping takes more effort, you're less likely to keep doing it.

5



**Keep busy and make a list.** List distractions you can do when having cravings. For example, going for a walk or talking to a friend.

6



## **Incorporate rewards into your quit attempt.**

This can help keep you motivated to continue. For example, calculate the savings from quitting and spend that on a fun activity or outing.

7



## **Plan to avoid cravings and triggers.**

Bring short-acting nicotine replacement therapies for cravings. Avoid risky situations like being around other vapers or alcohol that can be triggers.

8



## **Learn how to manage your stress.**

Stress management is key: find what works for you. It may take time to figure it out. Examples of alternative stress management include deep breathing, meditation, journaling, self-care, exercise.

9



**Try medication.** This may include nicotine replacement therapy, Champix or Zyban, or a combination. Talk to your healthcare provider. Using medication can double or even triple your odds of success.

10



## **Contact a support program or your primary care provider.**

Counselling alone doubles your chances of success. Call the Quit Smoking Program at the Ottawa Heart Institute at 613-696-7069 to enroll in counselling services.