

Inova TobaccoNET Checklist for Quit Day

On the day you stop using tobacco, expect to make changes in both the way you think and the way you act. You must prepare yourself to handle this change by developing a quit plan that supports your effort to quit.

1. Choose a Tobacco Quit Aid: (if using)

- | | |
|--|--|
| <input type="checkbox"/> Nicotine gum | <input type="checkbox"/> Nicotine patch |
| <input type="checkbox"/> Nicotine nasal spray* | <input type="checkbox"/> Nicotine lozenges |
| <input type="checkbox"/> Nicotine inhaler* | <input type="checkbox"/> Chantix* |
| <input type="checkbox"/> Bupropion/Zyban* | <input type="checkbox"/> I will not be using any quit aids |
- *requires prescription*

2. Remove as Many "Temptations" as Possible

- Make sure all your tobacco is destroyed. Do not keep any in your possession - in the house, in the car, or at work.
- Get rid of all tobacco reminders such as ashtrays, lighters, spit bottles, etc.
- Schedule a day that is as stress-free as you can make it.

3. Enlist Support from People Helpful to You

- Talk to an ex-smoker. Find out how he or she quit.
- Talk to a friend or relative about your quit plan and how important it is to you.
- Join a support group for people who have decided to stop using tobacco.

4. Change Your Usual Routine

- Drink lots of water.
- Drive a different route to work.
- Don't sit in your favorite tobacco-using chair.
- Keep busy. Begin some project that you have been putting off.
- Stay in tobacco-free areas as much as possible.
- Take a 20-minute walk at a brisk pace -- if medically advised.
- Get plenty of rest.