

Quit Aids: Tools to Stop Smoking

Quit aids are tools that make it easier to quit smoking. The FDA has approved two types: NRT (nicotine replacement therapy) & non-nicotine pills. Both of these cut withdrawal symptoms, like cravings and irritability.

NRT



Nicotine Patch

- Worn on the skin like a Band-Aid
- Gives nicotine to the body through the skin
- Can get over-the-counter



Nicotine Gum

- Chewed and “parked” between the cheek and gums
- Gives nicotine to the body through the lining of the mouth
- Can get over-the-counter



Nicotine Lozenge

- Looks like hard candy and dissolves in the mouth
- Gives nicotine to the body through the lining of the mouth
- Can get over-the-counter



Nicotine Inhaler

- Users puff on it and get hits of nicotine vapor
- Requires a prescription



Nicotine Nasal Spray

- A pump bottle that contains nicotine
- The tip of the bottle is put into the nose and sprayed
- Requires a prescription

Non-nicotine Pills



Bupropion SR

- Does not have nicotine
- Also sold as Wellbutrin SR (an anti-depressant)
- Requires a prescription

Chantix (varenicline)

- Does not have nicotine
- Cuts cravings by tricking the body to feel like it is getting nicotine
- Blocks the pleasure of smoking
- Requires a prescription

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!

¹ American Academy of Family Physicians. (2017). *Pharmacologic product guide: Food and Drug Administration (FDA)-Approved Medications for Smoking Cessation*

² Mayo Clinic. (2018). *Quit-smoking products: Boost your chance of success*