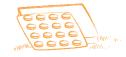
# **Quit Aids: Tools to Stop Smoking**

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**











## **Non-nicotine Pills**



#### **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

## **Zyban (bupropion)**

- 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!

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



<sup>&</sup>lt;sup>2</sup> Mayo Clinic. (2018). Quit-smoking products: Boost your chance of success