

Continue

Do respect that the person trying to quit is in charge. This is their lifestyle change and their challenge, not yours. Do ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling – not just whether they've stayed quit. Do let the person know that it's OK to talk to you whenever they need to hear encouraging words. Do help the person who's quitting to get what they need, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator. Do spend time doing things with the person who's quitting to keep their mind off smoking – go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together. Do try to see it from the point of view of the person who's quitting – their habit may feel like an old friend who's always been there when times were tough. It's hard to give that up. Do make your home smoke free, meaning that no one can smoke in any part of the house. Do remove all lighters and ash trays from your home. Remove anything that reminds them of smoking. Do wash clothes that smell like smoke. Clean carpets and drapes. Use air fresheners to help get rid of the tobacco smells – and don't forget the car, too. Do help the person who's quitting with a few chores, some child care, cooking, running errands – whatever will help lighten the stress of quitting. Do celebrate progress along the way. Quitting smoking is a BIG DEAL! Do thank the person who's quitting for not exposing others to harmful secondhand smoke. Don't doubt their ability to quit. Your faith in the person who's quitting helps remind them they can do it. Don't judge, nag, preach, tease, or scold. This may make the person who's quitting feel worse. You don't want your loved one to turn to a cigarette to soothe hurt feelings. Don't take grumpiness personally when the person who's quitting is having nicotine withdrawal. Tell them you understand the symptoms are real and remind them that they won't last forever. The symptoms usually get better in a few weeks. Don't offer advice. Just ask how you can help with the plan or program they are using. If the person who's quitting "slips" Don't assume that they will start back smoking like before. A "slip" (taking a puff or smoking a cigarette or 2) is pretty common when a person is quitting. Do remind the person who's quitting how long they went without a cigarette before the slip. Do help the person who's quitting remember all the reasons they wanted to quit, and help them forget about the slip as soon as possible. Do continue to offer support and encouragement. Do congratulate the person who's quitting for making a quit attempt, and remind them that it can take many attempts before quitting for good. Don't scold, tease, nag, blame, or make the person who's quitting feel guilty. Be sure they know that you care about them, whether or not they smoke. If the person who's quitting relapses Research shows that most people try to quit smoking several times before they succeed. (It's called a relapse when people trying to quit go back to smoking like they were before they tried to quit.) If a relapse happens, think of it as practice for the next time. Don't give up your efforts to encourage and support your loved one. If the person you care about fails to quit or starts smoking again: Do praise them for trying to quit, and for whatever length of time (days, weeks, or months) of not smoking. Do remind them that they didn't fail – they are learning how to quit – and you're going to be there for them the next time and as many times as it takes. Do encourage them to try again. Don't say, "If you try again..." Say, "When you try again..." Studies show that most people who don't succeed in quitting are ready to try again in the near future. Do encourage them to learn from the attempt. Things a person learns from a failed attempt to quit may help them quit for good next time. It takes time and skills to learn how to be a person who doesn't smoke. Do say, "It's normal to not succeed the first few times you try to quit. You didn't smoke for (length of time) this time. Now you know you can do that much. You can get even further next time." Most people understand this, and know that they have to try to quit again. If you smoke and are in contact with someone trying to quit Do smoke outside and always away from the person trying to quit. Do keep your cigarettes, lighters, and matches out of sight. They might be triggers for your loved one to smoke. Don't ever offer the person trying to quit a smoke or any other form of tobacco, even as a joke! Do join your loved one in their effort to quit. It's better for your health and might be easier to do with someone else who is trying to quit, too. Call the American Cancer Society at 1-800-227-2345 to find out what resources might be available to help someone quit and stay quit. You'll need a prescription from a prescribing healthcare provider for varenicline. Take varenicline exactly as directed by your doctor or other healthcare provider. Varenicline is a pill that comes in two strengths: 0.5 mg (a white pill) and 1 mg (a blue pill). Varenicline does not contain nicotine. Your doctor or other healthcare provider will help you decide when to start taking varenicline. There are two ways that people commonly use it: Option 1: You choose a quit date when you will stop smoking and then start taking varenicline one week before your quit date. This helps the medicine build up in your body before you quit. You can keep smoking during this time but be sure to stop smoking on your quit date. Option 2: You start taking varenicline before you choose your exact quit date. Then you pick a quit date that is 8 to 35 days after you start taking varenicline. Be sure to quit smoking on the quit date you've set. Your doctor or other healthcare provider will give you dosing instructions. Most people are started on a lower dose at first to get used to the medication: Days 1 to 3: Take one white pill (0.5 mg) each day. Days 4 to 7: Take two white pills (0.5 mg each) per day – one in the morning and one in the evening. Days 8 until the end of treatment: Take two blue pills (1 mg each) per day – one in the morning and one in the evening. Take varenicline with food or a full glass of water to minimize potential nausea from the medication. If you miss a dose of varenicline, take it as soon as you remember. If it is close to your next dose, just wait and take your next dose at your regular dosing time. Most people take varenicline for 12 weeks. Your healthcare provider might prescribe it for longer, if needed. Varenicline can have side effects: Be careful when driving or operating machinery until you know how varenicline may affect you. Some people may feel sleepy or dizzy, or have trouble concentrating. If you are using varenicline and experience hostility, agitation, depression, suicidal thoughts, or changes in how you act that you don't think are due to quitting smoking, you should stop taking the medicine and talk to your doctor right away. Get emergency medical help if needed. Tell your doctor or other healthcare provider if you have new or worsening symptoms of heart disease while taking varenicline, including chest pain and shortness of breath. Get emergency medical help if needed. Keep out of reach of children and pets. In case of accidental use or ingestion of varenicline, contact a Poison Control Center (1-800-222-1222) and/or visit an emergency room right away. Learn more about vareniclineexternal icon, including side effects and precautions. How to Use Varenicline to Quit Smoking Varenicline is a prescription medicine approved by the FDA to help people quit smoking. When your doctor prescribes it, they will give you detailed instructions on how to use it. This video offers general instructions on how to use varenicline. For more help using medicines to quit smoking, call 1-800-QUIT-NOW or visit CDC.gov/quit. Talk with your healthcare provider about the best medicine for you. Using medicine together with behavioral counseling gives you the best chance of quitting smoking. This video is part of a collaboration with the National Cancer Institute's Smokefree.gov Initiative.No product endorsement implied. Varenicline works differently than other quit-smoking medicines and may be a good option for people who have tried using other medicines to quit before but haven't been able to quit successfully. What if I can't sleep or I start having unusual dreams while taking varenicline? Varenicline can cause sleep disturbances and abnormal or vivid dreams. If these bother you, contact your healthcare provider. What if I feel nauseous while taking varenicline? Nausea is a common side effect of taking varenicline. If you feel nauseous, be sure you are taking varenicline with a full glass of water. You can also talk with your healthcare provider about lowering the dose of your medication. For best results, use varenicline as part of a program that includes coaching support. Talk with your healthcare provider and connect with your state tobacco quitline (1-800-QUIT-NOW) for help. The quit-smoking medicines talked about on this website are approved by the FDA for adults to use to quit cigarettes. If you are pregnant, breastfeeding, or younger than 18, you should not use these medicines without talking to your doctor. If you use tobacco products other than cigarettes (like cigars, chew, snuff, hookah, or e-cigarettes), talk to your doctor or other healthcare provider or call the quitline (1-800-QUIT-NOW) to get help with quitting. All the ways to use medicines presented here are reviewed in Smoking Cessation: A Report of the Surgeon General (Chapter 6)pdf icon. Some of the ways have not been evaluated or approved by the FDA.





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