

Freedom from Tobacco Action Plan

Tobacco use is more than a habit. It's an addiction.

In the green and good to go!

I have no real cravings for tobacco. I'm pretty calm. I feel like my brain can focus normally.

I use medicine to control nicotine cravings every day.

- Nicotine patch: _____ mg patch _____ # patches, apply once daily.
- Bupropion IR, SR, XL (Wellbutrin® or Zyban®): _____ mg/day once daily for first ____ days, then _____
- Varenicline (Chantix®)
 - Use Starter Pack as directed
 - Use continuing month pack, _____ mg tab, _____ times per day
- Use prior to problem times: _____

Yellow, but not so mellow.

I'm craving tobacco. I may be feeling irritable, anxious, and restless.
It is hard for me to get my brain to focus.

Continue your Green zone EVERY DAY Medicine

Need a rescue? Take a quick-relief nicotine medicine:

- Gum
- Lozenge
- Nasal Spray
- Inhaler

Take _____ (dose) every _____ minutes as needed.

Seeing red.

I am feeling strong cravings for tobacco. I really need a cigarette now. It may be very hard to get my brain to focus.

In the RED ZONE, take a quick-relief nicotine medicine.

Take _____ (dose) every _____ minutes as needed. Gum Lozenge Nasal Spray Inhaler

Continue your Green zone EVERY DAY Medicine.

If you are in the red zone, contact your physician or tobacco dependence treatment specialist. You may need stronger medicine

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I've got the blues. I smoked a cigarette.

Having a cigarette does not mean that you've failed.
You smoke less than you did before and are on your way to stopping smoking for good.

Now, it's time to make sure that you have all the tools that you need.

Do not stop taking your medicine! Tobacco treatment medicines are safe to use, even if you had a slip and smoked a cigarette.

Think about why you smoked.

- What can you do in the future to make sure that it doesn't happen again?
- Do you need different medicine?
- Do you need stronger medicine?
- Do you need to avoid situations that tempt you to smoke?
- Do you need to cut back on coffee to help you not to smoke?
- Do you need better ways to deal with stress?

Talk to your doctor about ways to become tobacco free.

Call the Quit Line for more help at 1-800-Quit Now.

Helpful tips on using medications

- If you feel sick to your stomach, you might be getting too much nicotine. Talk to your doctor about decreasing your nicotine dose.
- If you have trouble sleeping with the nicotine patch on, remove the patch before bed
- If you are in your green zone for more than 6 to 8 weeks, talk to your doctor about whether you can use less medicine.
- If you need rescue medicine more than 4 to 6 times per day, talk to your doctor. Your green zone plan may need to be changed.