


# Proven Products to Help You Quit Smoking

brought to you by Quit Now Kentucky

Many people use quit-smoking medications to manage tobacco cravings and feelings of nicotine withdrawal. These products can double your chances of quitting!

The most common type of quit-smoking medication is nicotine replacement therapy (NRT). These products replace some of the nicotine you used to get from smoking or using other tobacco products, so you don't feel as uncomfortable after quitting. You can gradually decrease the amount of nicotine that you get from NRT over several weeks. Your brain will get used to working without so much nicotine and you will figure out how to get through the day without smoking, vaping, dipping or using other tobacco products!

## The 5 Types of Nicotine Replacement Therapy (NRT)

| Patch  | Gum   | Lozenge   | Inhaler   | Nasal Spray   |
|--|---|---|---|---|
| Over the Counter   | Over the Counter  | Over the Counter  | Prescription  | Prescription  |
| Place on your skin   | Chew until you get a tingling feeling, then place between your cheek & gums         | Place between your cheek & gums and let dissolve slowly                             | Breathe in through the mouthpiece   | Spray into your nose  |
|  |  |  |  |  |

There are also two quit-smoking prescription pills that are approved by the U.S. Food & Drug Administration: bupropion (AKA Wellbutrin) and varenicline (AKA Chantix). Your doctor may choose to prescribe these medicines to help you quit smoking in addition to or instead of NRT.

NRT and other medicines can't do all the work when it comes to your quit-journey. To give yourself the best chance for success, call Quit Now Kentucky at 1-800-QUIT-NOW to get help from a personalized quit-coach who can help you make a quit-plan, find the right NRT for your needs and manage your cravings. This service is free and all calls are confidential.

Most adults in Kentucky can get nicotine replacement therapy at no cost through their health insurance or by calling Quit Now Kentucky.

