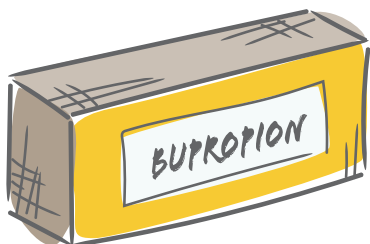


# PRODUCTS TO HELP YOU QUIT

## Quitting Medications

Available ONLY with a prescription from your doctor.



Bupropion



Varenicline

\*These products are not recommended for people who are pregnant or breastfeeding.

 **Quitline**<sup>®</sup>  
**13 7848**

Quit smoking products combined with support from a service like Quitline (13 7848) will increase your chance of a successful quit attempt.

[quittas.org.au](http://quittas.org.au)

Quit Tasmania is a program of Cancer Council Tasmania and supported by the Department of Health.

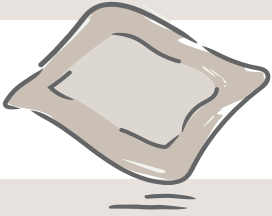


# PRODUCTS TO HELP YOU QUIT

## Nicotine Replacement Therapy (NRT)

These products replace nicotine in your body making quitting easier.

All products below can be purchased from chemists and some supermarkets.



### Patch

Apply to skin (non-hairy area).

Cheaper with a prescription from your doctor.

Using a patch and at least one other NRT product below is best.

### Inhalator



Take short, shallow puffs on the mouthpiece. Avoid inhaling into your lungs.

### Mouth Spray



Spray inside cheek or under your tongue.

### Nicotine Gum



Chew slowly for a minute or so, then park in the side of the mouth. Repeat as needed until there is no taste.

### Nicotine Lozenge



Place in the side of the mouth, or under the tongue, allowing lozenge to dissolve slowly.



NB: People who are pregnant or breastfeeding, or concerned about how the products interact with other medications they are taking, should consult with a doctor before using NRT products.

**FIND OUT MORE** →

