

MICHIGAN TOBACCO
QUITLINK

1.800 QUIT.NOW

784.8669

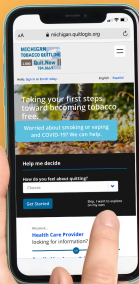
Get **FREE** Confidential
Counseling & Support

DOUBLE your chances
of quitting.

Call Now
1.800.QUIT.NOW






www

Or Enroll Online
michigan.quitlogix.org



LEARN MORE



TREATMENT	HOW TO GET	HOW TO USE	PROS / CONS	NOTES
PATCH 	OVER THE COUNTER or PRESCRIPTION	REPLACE PATCH ONCE DAILY	<ul style="list-style-type: none"> ✓ Easy to use ✓ Few side effects × Less flexible dosing × Slow nicotine release 	
GUM 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 24 pieces per day	<ul style="list-style-type: none"> ✓ Fast nicotine release ✓ Flexible dosing × Lots of chewing × Can't eat or drink 15 mins before or during use 	
LOZENGE 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 20 lozenges per day	<ul style="list-style-type: none"> ✓ More nicotine than gum ✓ Flexible dosing × Can cause nausea × Can't eat or drink 15 mins before or during use 	
NASAL SPRAY 	PRESCRIPTION	SPRAY ONCE IN EACH NOSTRIL* Up to 40 doses per day (80 sprays/day or 10 sprays/hour)	<ul style="list-style-type: none"> ✓ Fastest nicotine delivery ✓ Flexible dosing × Frequent use necessary × Can cause nose & throat irritation 	
MEDICATION VARENICLINE BUPROPION 	PRESCRIPTION	USE AS DIRECTED BY YOUR DOCTOR	<ul style="list-style-type: none"> ✓ Easy to take pill ✓ Can be combined with other treatments* × Possible side effects 	

TREATMENT OPTIONS QUICK GUIDE



PATCH

STEP 1

Select your starting dose.*



STEP 2

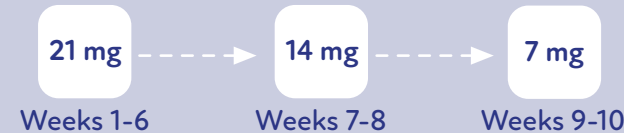
Place the patch on a clean, dry, hairless spot on your upper body or outer arm. Each new patch should be applied to a different spot. Press for 10 seconds.

STEP 3

Replace patch every 16-24 hours.

STEP 4

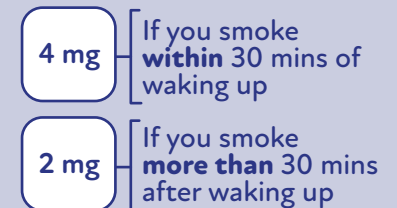
Reduce dosage over time.*



GUM

STEP 1

Select your strength.*



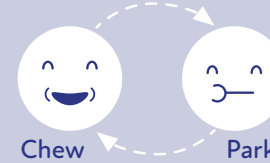
STEP 2

Choose a flavor. There are many options!



STEP 3

Chew slowly until the taste becomes strong or tingles, place the gum between your cheek and gums for 1 minute or until tingle is gone. Repeat this **chew and park** method for 30 minutes.



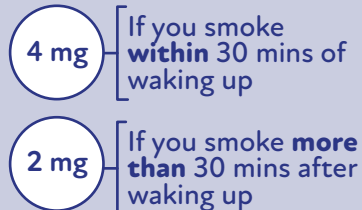
STEP 4

Use the gum whenever you have the urge to smoke as part of a quit immediately or quit gradually plan.*

LOZENGE

STEP 1

Select your strength.*



STEP 2

Slowly dissolve the lozenge in your mouth (between cheek and gums), while occasionally moving it from one side of your mouth to the other. The lozenge will take approximately 20-30 minutes to fully dissolve. Do not chew or swallow.

STEP 3

Reduce usage over time.*

Use 1 lozenge every...



PRESCRIPTION ONLY

NASAL SPRAY

STEP 1

Blow your nose to clear it. Prime pump with 6-8 sprays prior to first use.



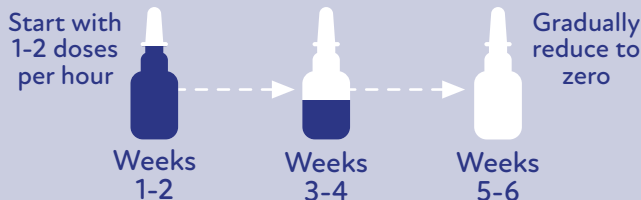
1 dose = 2 sprays (one in each nostril)

STEP 2

Tilt your head back and spray once in each nostril while breathing through your mouth. Avoid sniffing or inhaling. Wait 2-3 minutes before blowing your nose.

STEP 3

Reduce dosage over time.*



Why call the MICHIGAN TOBACCO QUITLINK?

Because they offer FREE...

- Counseling sessions by phone or online
- Counseling in English, Spanish, and Arabic
- Educational materials
- Referrals to local programs
- 24/7 Text-message support
- Nicotine replacement (if you qualify)

MI TOBACCO
Quitlink
1.800.QUIT.NOW

* Consult your doctor to determine the appropriate treatment options and dosing.