

# PREPARATION:

*For Patients  
Getting Ready to Quit*

# ACTION:

*For Patients Ready  
to Quit Smoking*

## Take Steps to Modify Smoking Habit:

- *Prolong time of first cigarette*
- *Eliminate easier cigarettes*
- *Set longer intervals between cigarettes*
- *Cut cigarettes in half with scissors*
- *Switch to lower nicotine brand*

## Change Environmental Triggers:

- *Limit smoking locations*
- *Clean out car*
- *Put ashtrays away*



## Set a Quit Date

## Identify and Avoid Triggers

## Consider Resource Options:

- *Self help brochures*
- *Nicotine replacement*
- *Behavioral program*

## Identify Social Supports:

- *Family, Friends, Ex-smoker*

## Select Substitutes for Smoking:

- *Eat Fruit, Chew Gum,*
- *Exercise, Relaxation*

## Give Yourself a Pat on the Back!

Have you been thinking about....

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## QUITTING SMOKING????

Speak with your Doctor about it NOW!

