



# I want to be vape-free

Some people continue to vape long-term, but some want to stop and some may want to stop as soon as possible.

## **Some points to consider before you start quitting vaping**

- If you used a vape to help yourself quit smoking, then you should only consider quitting vaping once you are completely certain that you will not restart smoking. For this reason, we recommend that you only consider quitting vaping once you are 12 weeks or more past the date of your last cigarette.
- If you want to quit because you feel you are vaping more than you ever used to smoke, bear in mind that vaping is not like smoking and to obtain the same amount of nicotine, you will need to use your vape more frequently relative to smoking ('grazing' rather than 'bingeing').
- Remember that vaping is much less harmful than smoking. There is no need for you to feel pressured to quit vaping in a rush. Slow but sure is fine (but for those who wish to stop in one step please see the advice towards the end of this leaflet).

## **Tips & tricks to quit vaping gradually**

- Write down the reason/s why you want to quit. Whether it's for your health, your family or any other reason, keep going back to your list to keep yourself focused and your motivation high.
- Slowly reduce the nicotine strength of your eLiquid – this option is only available if you are using a vape with a refillable tank or a vape that takes prefilled pods. eLiquid comes in a variety of strengths: 20mg, 18mg, 12mg, 6mg, 3mg, 0mg. How quickly and by how much you reduce the nicotine strength of your eLiquid is your choice, but we recommend if you are newly smokefree that you reduce more slowly. You could for example, choose to reduce to the next strength down every four weeks.
- Set rules for yourself about where and when you vape and where and when you don't vape – eg only vape when you are outside your home or car, or only vape on your breaks at work. Setting rules like this will help you to weaken the link between vaping and specific situations and times.

- Extend the time between vaping – if you vape every 20 minutes, move to vaping every 40 minutes.
- Take shorter puffs – you will know how deeply you inhale the vape; aim gradually to shorten the intake just a little at a time.
- Leave your vape somewhere out of sight and out of reach – this will help you break the habit of picking up the vape because ‘it’s there’.

### **What if I want to quit in one step?**

- If you don’t want to cut down gradually, we recommend that you use the same techniques for quitting vaping as you used when you quit smoking. Write down the reason/s why you want to quit. Whether it’s for your health, your family or any other reason, keep going back to your list to keep yourself focused and your motivation high.
- Tell your friends and family that you are quitting, so they know in advance and can support you.
- Set your vape quit date and commit to the ‘not a puff’ rule. When the date arrives watch how you feel as you go through the day without vaping.
- Identify the more difficult times, be prepared to change your routine, be ready with your preferred method of distraction (eg text a friend, play a game on your phone, take a walk). Remember, each craving might feel like it lasts a long time, but they tend to pass in less than 5 minutes, so you need a distraction to see you through the 5 minutes.

### **Can I use nicotine patches or gum to wean myself off vapes?**

Yes, it is perfectly possible to use Nicotine Replacement Therapy (NRT) to support your vape quit. We recommend using patches to break the hand to mouth behaviour. Your local pharmacy will be able to guide you on which NRT product/s to buy.

As a very rough guide, if you are using up to 12mg of nicotine a day, then you need to buy Step 3 patches; if you use 12-40mg of nicotine a day, you need to buy Step 2 patches and a fast-acting NRT product such as lozenges or gum; if you are using over 40mg of nicotine a day, you need to buy Step 1 patches and a fast-acting NRT product.

**If at any point you think you are at risk of returning to smoking, please resume your normal vape use. It makes sense to keep an ‘emergency’ vape available for those situations when a sudden trigger causes an urge to smoke.**