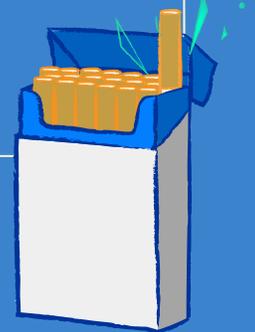


ADDRESSING SYMPTOMS of WITHDRAWAL with PATIENTS

When helping a patient create a quit plan, it's important to also prepare them for **SYMPTOMS** of **WITHDRAWAL**. Some of these symptoms can appear within four hours after a patient's last cigarette and may continue for several weeks.

Although they usually fade over time, these symptoms can still be discouraging for the patient. Plus, wanting to escape from some **NICOTINE WITHDRAWAL SYMPTOMS** can cause patients to relapse and start smoking again.¹ By addressing nicotine withdrawal, a healthcare provider can better prepare a patient for his or her quit attempt.



WHAT ARE SYMPTOMS OF WITHDRAWAL?¹

'Physical' or somatic symptoms:

PHYSICAL OR SOMATIC SYMPTOMS:

- cough
- stomach discomfort
- increased appetite



'Affective' symptoms:

AFFECTIVE SYMPTOMS:

- anxiety
- depressed mood
- difficulty concentrating
- irritability
- smoking urges



WHEN CAN SMOKING URGES OCCUR?²

Urges to smoke usually peak within the first 3 days of quitting and dissipate over 2–4 weeks

The urge to smoke may be highest in the morning and drop as the day goes on

Urges may also occur at similar times and in situations a patient would have normally smoked

HOW TO MANAGE SMOKING URGES:

Have your patient create a **Quit Kit** full of items they can turn to when they have the urge to smoke. These can include:



- Water bottle
- Stress ball
- Healthy snacks
- Headphones
- Puzzle book
- Picture of or list of reasons for quitting
- Lollipops, toothpicks, cough drops, sugar-free gum

Have your patient **track their cravings** so they can be ready to combat and manage them. Triggers may include:



OTHER TIPS³

- Keep active with exercise
- Get adequate amounts of sleep
- Create a circle of supporters
- Use apps or texting programs to track cravings

Remind them that the urge to smoke typically passes in about three to five minutes, whether they smoke or not.³

1. Jackson KJ, Muldoon PP, De Biasi M, Damaj MI. New mechanisms and perspectives in nicotine withdrawal. *Neuropharmacology*. 2015;96(Pt B):223–234. doi:10.1016/j.neuropharm.2014.11.009

2. Chandra S, Scharf D, Shiffman S. Within-day temporal patterns of smoking, withdrawal symptoms, and craving. *Drug Alcohol Depend*. 2011;117(2-3):118–125. doi:10.1016/j.drugalcdep.2010.12.027

3. <https://www.lung.org/stop-smoking/i-want-to-quit/be-prepared-for-challenges.html>;