

Patient Name: _____

Greenhouse Internists, PC

Date of Birth: ____/____/____

QUIT SMOKING ACTION PLAN

Are you ready to quit smoking? One of the most important things you can do for a successful quit attempt is to develop a thorough quitting plan. Remember, most smokers don't plan to fail. Most *fail* to plan.

Pick a Quit Date

Sooner is better than later. Many smokers choose a date within two weeks to quit smoking. This will give you enough time to prepare. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke. Mark your quit day on your calendar and write it out somewhere where you will see it every day. My quit date: _____

Before Your Quit Date, please take a few minutes to complete the following check list.

1. Having strong, personal reasons to quit smoking will increase the likelihood of success. Identify the top 3 reasons why you want to quit smoking:

- ✓ _____
- ✓ _____
- ✓ _____

2. Identify your top three smoking triggers and think about what you can do instead when you have the urge to smoke:

- ✓ _____
- ✓ _____
- ✓ _____

3. Identify people who will have a positive influence on your ability to quit and help you throughout your quit attempt:

- ✓ _____
- ✓ _____
- ✓ _____

4. A combination of medicine, behavior change strategies, and emotional support increases quit smoking success rates. Medicine will help you cope with the physical dependence of smoking. Be sure to discuss medicine options with your healthcare provider:

Common medications	How to use
Nicotine Patch 21 mg	Apply one patch every day for 6 weeks, start on quit date
Nicotine Gum/Lozenge 4 mg	Use one every 2 hours to start and use less each week over 6-12 weeks
Bupropion SR 150 mg	Take one tablet daily for 3 days then one tablet twice a day for total 3 months, start one week before quit date
Chantix (Varenicline)	0.5 mg once a day for 3 days then 0.5 mg twice a day for 4 days then 1 mg twice a day for total 3 months, start 1 week before quit date

5. Decide what counseling assistance you will receive while quitting. Some options include:

www.smokefree.gov
www.becomeanex.org

www.smokfreephilly.org (1-800-QUIT-NOW)
www.determinedtoquit.com

