



IF YOU VAPE

A GUIDE TO
QUITTING SMOKING

BOOKLET 1

FOREVER
FREE[®]

AN OVERVIEW

*If you vape, you are already one step closer to quitting smoking. For your health, the most important thing you can do is to quit smoking cigarettes. These booklets were written to help vapers like you take the remaining steps to become **smoke free**.*

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ABOUT

IF YOU VAPE

The goal of the *If You Vape* program is to help e-cigarette users (vapers) quit smoking tobacco cigarettes. Using e-cigarettes while still smoking is called “dual use.” Most vapers say that they started vaping as a way to quit smoking. These booklets are designed to help you reach that goal.

The advice in these booklets comes from three places:

1. Research on e-cigarettes.

2. Research on other quit-smoking medications (such as the nicotine patch and gum).

3. Conversations with vapers.

More and more places (restaurants, hospitals, work places, sporting venues) do not allow smoking. Ads to stop smoking are everywhere --- TV and radio, the internet, newspapers and magazines, and billboards. They tell smokers to quit. But they do not tell them **how** to do it. These *If You Vape* booklets should help you quit and stay quit.

This first booklet covers all the main points of quitting smoking. The later booklets focus on more specific topics. The booklets were written for smokers who are already using e-cigarettes.

We ask that you read the *If You Vape* booklets and then save them. Some of the information may be a review for you; other information may be new. We suggest that you re-read the books from time to time.





EIGHT

Facts About Smoking and Quitting

FACT 1 Nicotine is addicting.

Most smokers are physically addicted to nicotine. You are probably addicted if you smoke a half a pack or more per day. Addicted means your body got used to having nicotine in it. And when that happened, you slowly smoked more and more. Also, when you stop, you feel bad because your body has to get used to not having nicotine in it. This is called **nicotine withdrawal**. Common withdrawal symptoms that you may feel when you quit are:

- Lightheadedness
- Headache
- Sleep problems
- Nausea (sick to your stomach)
- Decreased heart rate
- Depression (feeling sad)
- Craving for cigarettes
- Irritability
- Increased appetite
- Anxiety (feeling tense)
- Difficulty thinking
- Constipation

These feelings do go away. After a week or so of not smoking, nicotine withdrawal has mostly ended. Your body is now used to not having nicotine. But having cigarettes – even one – during this time only makes withdrawal longer and harder.

Nicotine withdrawal is why many smokers have trouble quitting. Withdrawal does not feel good. You may be tempted to smoke to reduce withdrawal symptoms. This only helps for a short time.

Fortunately, we now have many medications (such as nicotine replacement products) that can help reduce nicotine withdrawal. These medications make quitting much easier. And many provide nicotine in a way that is much safer than smoking. Some users say that e-cigarettes also help reduce cravings and other nicotine withdrawal symptoms. We will discuss these medications and products later in this series of booklets.

FACT 2 Smoking is a habit.

Physical addiction is not the only reason why people keep smoking. Another important reason is habit. When you first quit smoking, you may find that you reach for your pocket or your purse to get a cigarette. That is habit. You may have strong cigarette cravings when you drink a cup of coffee or talk on the phone, times when you often smoked. This is habit. You may find times and places that lead to urges to smoke after you quit. These times become **triggers** for urges. As time passes, these triggers will weaken (if you do not smoke). The urges will go away.

FACT 3 Smokers use nicotine to control their moods.

Smokers learn that cigarettes can help control their moods, and they become very good at getting just the right amount of nicotine to get the right effect. With time, smokers use cigarettes more and more to control their moods. When they are tense, they have a cigarette. When they are sad, they have a cigarette. When they are angry, they have a cigarette. Over time, they want a cigarette when they want to change their mood. This happens a lot in times of stress. This is another reason why many smokers have trouble quitting. In times of stress, they want a cigarette. They may not know how to deal with stress without smoking. Vapers learn to use e-cigarettes the same way.

FACT 4 Quitting smoking can be hard.

Smoking is a hard addiction to give up. Most alcohol and drug abuse patients say that smoking is the hardest addiction to stop. For example, Sigmund Freud gave up his cocaine addiction but could never stop smoking, despite 33 operations for mouth cancer. In the past, penalties for smoking included flogging, castration, death, and ex-communication from the church. Yet none of these punishments could completely stop smokers. No country that has been introduced to tobacco has ever given it all up. Over 90% of quit attempts fail.

FACT 5 People do quit smoking.

Tobacco is very addicting, but millions of people have quit smoking. It can be done! People can succeed, even if it takes many tries. Over half of the people in the United States who ever smoked have now quit.

FACT 6 Quitting smoking is a long-term process.

A mistake that smokers often make is to think that the job is done after a week or two, when most withdrawal feelings end. In fact, most smokers who make it to that point end up smoking later on. Yet there are steps you can take to help you become and stay smoke free. Since you already vape, you can use e-cigarettes to help you quit smoking.

FACT 7 Quitting smoking improves your health and quality of life.

There is nothing that causes more death and disease in the USA than tobacco smoking. Each year, about 500,000 Americans die prematurely from diseases caused by smoking. Smoking causes more deaths than alcohol, cocaine, heroin, car accidents, homicides, suicides, fires, and AIDS **combined!** Smokers are nearly 3 times more likely to die before age 65 than non-smokers. Smokers have 3 times the risk of heart disease and 10 times the risk of lung cancer. Smokers are also at greater risk for many cancers, breathing diseases, and ulcers. The good news for you is that your health begins to get better as soon as you quit smoking. The carbon monoxide in your blood goes down, your heart rate and blood pressure decrease, and your lungs start to get clean. If you go 10 years without smoking, your risk for many of the diseases stated above returns to almost the same risk as someone who never smoked! Think about that.

Ten years of quitting smoking and you may be able to reduce those unhealthy risks from all those years that you smoked. Of course, this is only true if you quit smoking before any of these diseases start. But even if you are ill and smoke, quitting slows down the illness and can make you feel better. By quitting smoking, you will take the most important step that any person can take to improve their health!

FACT 8 People use e-cigarettes to help them quit smoking

E-cigarettes provide a “hit” of nicotine in water vapor, with flavors and a few other chemicals. The #1 reason that people start vaping is to quit smoking. Some studies show that vaping satisfies nicotine cravings and can help vapers quit smoking over time. Not all vapers manage to quit smoking. Some get stuck in dual use, vaping and smoking, exposing them to chemicals in both products. Even reduced smoking is highly dangerous to your health. The goal here is to use vaping to quit smoking completely.

So, are they safe? In general, the jury is still out on e-cigarettes’ overall safety. The risk from e-cigarettes may depend on the type and quality of vaporizer and e-liquid used. It will take many years to determine exactly how safe they are. However, most scientists agree that vaping is much safer than smoking.

Getting Ready to Quit

If you have read this far, you probably want to quit smoking. Good for you! Now, what can you do to get ready to quit? Here are some tips:

1 Think of your reasons for quitting smoking.

Why do you want to quit smoking? Here are some of the most common reasons:

- Feeling worried about the health problems caused by smoking (cancer, heart disease, lung disease).
- Having some of the bad health effects of smoking (shortness of breath, coughing, sore throat).
- Feeling worried about exposing my children or other family members to the dangers of my second-hand smoke.
- Smoking is no longer socially acceptable.
- It is hard to find a place to smoke.
- Smoking is just not OK in a lot of public places.
- Smoking costs too much money.
- Smoking is controlling my life.

- _____
- _____
- _____
- _____



Circle the reasons above that are most important to you. Or add your own reasons to the list. When you are tempted to smoke, it might be helpful to look at your list. Remind yourself often why you want to quit.

2 Choose a quit date.

Pick a date that will be your first day without smoking. Don't put off quitting because you are waiting for the perfect day. No matter which day you pick, there will be reasons why it isn't perfect. Some people choose a quit date that has special meaning to them: a birthday, a birthday of someone close, a holiday. But it should be a date that is soon – within the next couple of weeks. So pick a date, and then stick with it!

Write your quit date here:

MM / DD / YYYY

3 Think about using a quit-smoking medication.

Quitting smoking can be hard because of nicotine withdrawal symptoms and cravings to smoke. But there are medications that can make quitting much easier. They work by reducing withdrawal symptoms and cravings. Seven medications have been approved by the FDA. Because these medications have been proven to help smokers quit, doctors strongly recommend that you use them.

One type of medication is called “nicotine replacement therapy” (NRT). There are five different NRT medications available for quitting smoking. These all work by giving your body a small amount of nicotine to lessen the shock of suddenly quitting. Although they contain nicotine, people rarely become addicted to NRTs.

These are the approved NRTs:

NICOTINE GUM

The gum, which comes in several flavors, slowly releases nicotine as you chew it.

NICOTINE LOZENGE

Nicotine is released as you suck on the lozenge drop.

NICOTINE SKIN PATCH

The patch allows nicotine to be absorbed through your skin, which gives you a steady amount all day long. As time goes on, you change to patches with smaller amounts of nicotine.

NICOTINE NASAL SPRAY

This sprays nicotine into your nose, where it is absorbed.

NICOTINE INHALER

You inhale nicotine into your mouth and throat, where it is absorbed.

The two other FDA-approved medications do not have nicotine. These are pills that work to reduce withdrawal and cravings to smoke.

BUPROPION SR PILLS

This drug is sold under the name “Zyban®.” It is a pill that you take twice a day.

VARENICLINE PILLS

This drug is sold under the name “CHANTIX®.” It too is a pill that you take twice a day.

All seven of these medications work about equally well – doubling your chances of quitting smoking. But each has a different set of benefits, warnings, and side effects. Some of them require a doctor's prescription. Others do not. It is important that you talk with your doctor or pharmacist about which one would be best for you. Also, be sure to read the directions and use the medication correctly.

Remember, these medications are simply aids to help you quit smoking by reducing withdrawal symptoms and cravings. They are not magic. They cannot make you quit smoking. But they certainly can help, so we suggest them.

4 If you vape, use your e-cigarettes to help you quit smoking.

E-cigarettes have not been approved in the U.S. for quitting smoking because they have not been carefully tested. This is why we first recommend that you use an approved quit-smoking medication.

But many people say that vaping helped them quit smoking. This makes sense because, like NRTs, e-cigarettes deliver nicotine. Like NRTs, they should help take the edge off nicotine withdrawal and craving.

5 Change your daily routine

You may have noticed how smoking is tied to many things in your life. Driving your car. Talking on the phone. Drinking coffee. After a meal. What else? At first, these things will act like triggers. You will be tempted to smoke. So, during the first days after quitting, try to change your daily routine. Drive a different way to work. Talk on the phone in a different room. Have tea instead of coffee. And so on. Any changes can reduce your cravings to smoke.



One ex-smoker's "getting ready to quit" story:

Tom smoked two packs of cigarettes per day when he began using e-cigarettes. He had many reasons for quitting. The most important reason was Airele, his 3-year-old daughter. Tom didn't want Airele to breathe in his smoke. However, it never seemed to be just the right time for quitting. For example, he thought his job was so stressful that he shouldn't try to quit while he was working. On the other hand, he didn't want to "ruin" his vacation by quitting smoking. There always seemed to be some good reason to put off quitting until later. Finally, though, he picked a date – a Saturday two weeks in the future.

After doing some research and trying different e-cigarettes and e-liquids, Tom settled on the one that he found most satisfying. In the weeks leading up to his quit date, he was vaping instead of smoking tobacco cigarettes several times per day. On the night before his quit day, Tom had his last cigarette, and then threw away all remaining cigarettes that he could find in his home, car, and office. Then he threw away his lighters and ashtray too. No need for those anymore! Saturday morning he used his e-cigarette after breakfast and then spent the day at the library with Airele. He knew that he couldn't smoke there. He felt good about spending time with and reading to Airele.

Using E-Cigarettes to Quit Smoking

Most people who smoke and vape began using e-cigarettes because they were interested in quitting smoking. Some quickly make the complete switch from smoking to vaping. They may quit smoking soon after they start vaping. But many others have a hard time making the full switch. They get stuck using both products.

Some people have a hard time giving up a certain cigarette of the day. The cigarette when they first wake up. Or when they are stressed. Or after a meal. Vaping may not seem as satisfying as smoking a cigarette during these times. But to fully quit smoking, it is important to switch to vaping even during these times. It may not seem as "good" at first, but it will take the edge off your cravings to smoke.

It helps to think of your e-cigarette like an NRT—like the nicotine gum, for example. Think of your e-cigarette as a tool to help you quit smoking. It replaces some of the nicotine that you would get from smoking—but without all the dangers of smoking. Use it when you would have smoked. Use it when you are tempted to smoke. But try to avoid using e-cigarettes in new times and places. If you didn't smoke there, don't vape there! Unlike NRT, e-cigarettes have the bonus of looking and feeling more like tobacco cigarettes. This may make it even easier to make the switch.



Another way that e-cigarettes differ from NRT is that there are so many choices. If your e-cigarette isn't doing the job for you, consider trying another brand, another type, or another juice. Find one that delivers enough nicotine to relieve your cravings. Use one that you like to hold and find flavors that you enjoy enough to keep you from smoking. It should always be ready for you to use. Maybe you will need a longer-lasting battery or a second device so that you can count on it when you need it.

“Risky” Situations for Ex-Smokers

Once you stop smoking, there are certain situations that are likely to cause urges to smoke. We know this because we have asked hundreds of ex-smokers who returned to smoking, “What happened when you started smoking again?” Ex-smokers need to be aware of these risky situations. We believe that being “forewarned is forearmed.” Think about these situations ahead of time because they are likely to trigger urges to smoke. What are some of these risky situations?

1. Habit Situations (Triggers)

— These are situations in which you used to smoke. They are very much related to the act of smoking, so they tend to cause urges to smoke. When you don't smoke during these situations (even if you vape), the urges become weaker and weaker. After a few weeks, you will have had many of these situations enough times without smoking to get rid of most of these urges. For example, drinking coffee, after a meal, talking on the phone, driving your car, and seeing other people smoke should get easier. However, every once in a while, these things may still cause an urge.



More risky are those situations that happen less often but are still closely tied to smoking. For example, you may have a smoking friend or relative with whom you used to smoke, but who you have not seen since quitting. The first time you see this person—even if it is many months after quitting—you

may have a strong urge to smoke. **Once again, as you have these situations without smoking, the urges will lessen and go away.** Pretty soon you'll be able to spend time with your smoking friends without thinking of cigarettes.

2. Stress and Negative Moods — Stress and negative mood are special types of habit situations. But they are very risky situations. How risky are they? Most smokers who went back to smoking did so because of stress and negative mood. You may have learned to deal with stress by smoking. So, when you have stress after you quit, you may want a cigarette.

What kind of stress causes urges? During the first few weeks after quitting, even small stresses can lead to urges. As time goes on, it tends to take larger and larger stressful things to cause relapse problems.

Some examples of stresses that have led to relapse are:

Early on:

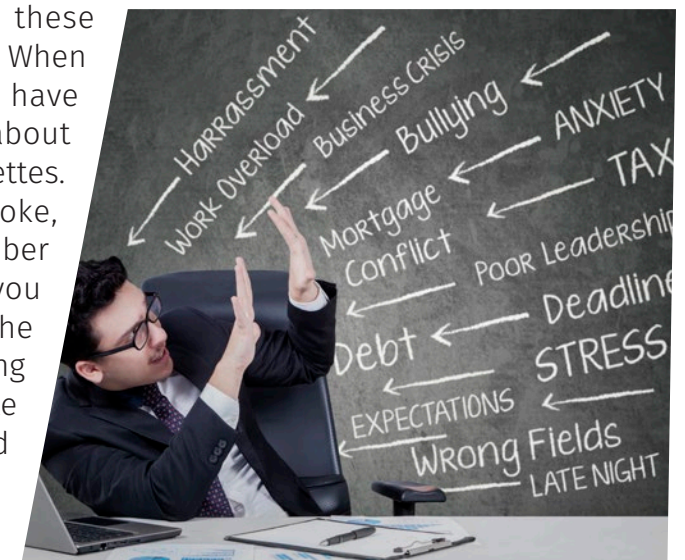
- getting a traffic ticket
- fight with spouse
- bad day at work
- problem with the children

Later:

- getting fired
- breakup of marriage
- a serious injury
- death of a loved one

Of course, some of these events are quite serious. When they happen, you will have other things to think about besides staying off cigarettes. You will want to smoke, because you will remember how cigarettes helped you deal with stress in the past. And besides, starting smoking again will seem like a small problem compared to the current situation.

The urge to smoke may be very strong!



However, within a few days of the problem, things will look different. If you smoked, you will begin to see that starting smoking did not really help you. In fact, it only gave you one more problem and one more reason to feel bad.

Negative moods can cause urges to smoke. Among the common negative moods are depression (feeling sad), anxiety (feeling tense or nervous), anger, and boredom.

One ex-smoker told us about the death of his wife:

“I thought that if I smoked, not only would I be a widower, but I would be a widower who smoked. My wife’s death would be a double tragedy then. Besides, my relapse would not be a good memorial to my wife. She would not have wanted her last act on earth to make me start smoking again. So instead of going back to smoking, I continued to vape. That helped me get through the rough times.”

3. Positive Moods and Celebration — Besides negative moods, positive moods can also lead to problems. In the past, how did you react to good news? Did you smoke? Good times can cause urges to smoke once you quit. One quarter (25%) of relapsed smokers told us that they started smoking again when they were feeling really happy or relaxed. Events like weddings and parties can be very risky because there may be other smokers around. Also, if you drink alcohol (see next paragraph), you may feel that you do not want to fight urges to smoke.

4. Alcohol — Nearly half of the smokers who relapsed told us that they had been drinking alcohol during or right before relapsing. Why is alcohol so risky? There are a number of reasons: (1) habit – you are used to smoking when drinking alcohol; (2) after a few drinks it is harder to resist; (3) cigarettes are often found at the places where people drink (bars, casinos, parties).

We are not saying that you need to avoid all of these risky situations all your life. Our advice is to avoid these risky situations during your first week or two of quitting. After that, facing situations that cause urges can help each urge go away. Our advice is that you prepare for risks as well as you can. Think about how you would deal with these situations. If you can plan ahead for a risky situation (such as going to a bar), know that you may have strong urges. Plan for them. Have your e-cigarette ready to help with urges brought on by risky situations. More details about dealing with urges are coming up in the next section.



How to Handle Urges to Smoke

Urges or cravings for cigarettes are a normal part of quitting smoking. Some people worry that they will have urges to smoke for the rest of their lives. This will not happen. When you first quit, you may have strong urges for about a week or so. Then urges should slowly go away. They should start occurring further apart and less strongly. Both stop-smoking medications and e-cigarettes can also help control your urges.

Most people also notice a change over time in the type of urge to smoke that they get. Early on, cravings are part of withdrawal. They are often described as being physical. Ex-smokers feel the craving in their chest or heart or throat. As physical withdrawal goes away, ex-smokers often describe urges as being more emotional. They have habit-related urges, and at times they miss smoking. Later, smokers tend to describe their urges as thoughts or memories of smoking that are easy to handle and that go away fast.

The good news is that urges will lessen until they go away. Also, they will tend to get milder and easier to handle. But, as we stated before (see “Risky Situations for Ex-Smokers”), even after you have quit for weeks or months, stress, negative and positive moods, alcohol, and other situations can produce strong urges to smoke—especially if you have not had these situations much since quitting. These urges will be rare: you may go weeks or months without any urges. But when they do occur they can be very risky because they are unexpected. Urges after quitting can be a bit like a roller coaster: lots of ups and downs before the urges end at last.

Finding new ways to deal with urges to smoke is important— even months after quitting. Researchers compared successful and unsuccessful quitters to find out what makes them different. What did they find?

Successful quitters use **coping skills** when they have an urge. A coping skill is something that gets your mind off the urge. There are two main kinds of coping skills:

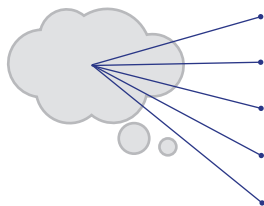
1 Behavioral Coping Skills - are actions that you take or things you can do. **Examples include:**

- Leave the situation
- Go for a walk
- Take a deep breath
- Call a friend
- Chew gum
- Exercise
- Eat something
- Use nicotine gum, lozenge, or other NRT
- **Use your e-cigarette**

If you vape, use your e-cigarettes to help you cope with urges to smoke.

- ▶ Using your e-cigarettes is a type of behavioral coping skill.
- ▶ Use it more frequently early on in your quitting process.
- ▶ As your withdrawal symptoms decrease, you can begin to use your e-cigarette less often.

2 Mental Coping Skills - are things that you tell yourself.
Examples include:



- Tell yourself, "I can do it. Smoking is not an option."
- Think of the reasons you wanted to quit.
- Think of how much progress you have made so far.
- Tell yourself that smoking will not solve the problem.
- Think about what smoking does to your health.

Are some of these coping skills better than others? Research shows that it does not matter much **which** coping skills you use, just as long as you use some. It also seems to help if you use **both** behavioral and mental coping skills when you have an urge. That means, tell yourself something and take some action.



What does not work?

Researchers have found that ex-smokers who try to use "willpower" alone tend to fail. Those are the ex-smokers who just say, "I am not going to smoke," but do not do anything to take their mind off of cigarettes. At some point, they get worn down by urges. The other people who tend to fail are those who "beat up" on themselves for having urges to smoke. They tell themselves things like, "I am weak for wanting a cigarette," or "I will never get over wanting to smoke." Those kinds of thoughts just make them want to smoke even more.

Take some time to think about some coping skills that you could use if you were to have a strong urge to smoke tomorrow. Think about this ahead of time. Be prepared to stay quit!

Write down at least two coping skills of each type that you will use when you have a strong urge to smoke:

Behavioral: (What can I do?)

Mental: (What can I say?)

A Non-Smoking Lifestyle

So far we have asked you to think about risky situations that may lead to strong urges to smoke. You should also use coping skills if and when you do have those urges. Also, ex-smokers often find that staying quit is made easier if they make some changes to their lifestyle. Some questions that you might want to ask yourself are:

? **Do I need better ways to deal with stress?** All of us have stress in our lives. Most smokers have learned to deal with stress in part by having a cigarette. And, as already stated, stressful times are a big risk factor after quitting smoking.

If you are trying to quit smoking, what else can you do instead of smoking to deal with stress? Ask yourself, “How would a non-smoker deal with this problem?”

- **Deal with the problem right away.** Smokers sometimes use cigarettes as a way to avoid dealing with a problem. Smoking puts distance between themselves and the problem situation or person. Yet it does not solve the problem that is causing the stress.
- **Look at the big picture.** Sometimes people find themselves getting very upset over problems that are really small. For example, a flat tire is frustrating, but it will not have any lasting effect on your life.
- **Learn how to relax.** Relaxation is a skill that many people have found useful. But it is a skill that requires practice and learning. Your library or bookstore should have books and recordings for you about relaxation. You can also find relaxation tips online.
- **Give yourself time to let the mood pass.** Once time passes, the problem will often seem less stressful.
- **Get support from others.** Talking to a friend or to other people with the same problems can be a great relief from stress. For those people who have more severe problems with stress and negative moods, a support group or counseling may be helpful.

? **Do I have enough fun in my life?** We can look at what we do in our life in two ways:

1. **Wants** — Things we **enjoy** doing.
2. **Shoulds** — Things we feel we **have** to do.

As time goes by, we tend to do more of the “shoulds” in our lives, and forget about the “wants.”

Think about your “wants” and “shoulds.” Are there things that you enjoy but have not been doing? These may be hobbies, social/family events, sports, reading, and so on. Smoking may have given you some pleasure (at a very high price). When you have quit, try to bring your “wants” and “shoulds” back into balance by finding other (healthier) sources of pleasure.

List three fun activities that you want to do more often:

1. _____
2. _____
3. _____

? **Am I worried about gaining weight?** Weight gain is a worry of many people trying to quit smoking. Some weight gain is likely. The average is about 6 to 10 pounds, but it might be a lot less or a lot more. Why do ex-smokers gain weight?



1. While you were smoking, nicotine increased your metabolism (energy needed for the body’s functions) in an unhealthy way. This burned calories. When you quit, your metabolism slows down to normal. For a while, it may even slow down below normal until your body gets used to being free of nicotine.
2. An increase in appetite (especially for fatty and sweet foods) is a common nicotine withdrawal symptom. Like other withdrawal symptoms, it will pass and go away.
3. As a smoker, you were used to having something in your mouth. For a while after quitting, many smokers will eat food instead of having a cigarette.
4. When you are not smoking, food smells and tastes better. You may eat more because you enjoy it more.

Nicotine replacement therapies (NRTs), such as the nicotine patch, may help prevent some of the metabolic slowdown due to quitting smoking. Studies show that those who use NRTs have *less weight gain* when quitting smoking cigarettes. E-cigarettes may also steady your metabolism while quitting smoking. Vaping also gives you something to do with your hands and mouth other than smoking. And some of the flavors may satisfy your sweet tooth. The good news is that most ex-smokers will lose most of the weight they gained without doing anything. However, there are some things that you can do to lose weight gained after quitting.

1. Choose snacks that are low in fat and calories. Many tasty and healthy products are now on the market, like no-salt pretzels or popcorn.

2. Exercise. No diet can work without exercise. Even a slight increase in activity (such as taking a walk) can help. Talk to your doctor before making any major changes in diet or exercise.

Also, think about how much better you will look and feel as a non-smoker, even if you weigh a few pounds more. Your skin will be healthier, your teeth whiter. You will not smell of smoke and you will be far more healthy!

What If You Do Smoke?

Once you quit smoking, your goal should be to **never** have another tobacco cigarette. Many smokers fail because they tell themselves that they “can have **just one.**” You must tell yourself that you cannot have “just one.” This is even more true of cigarettes than it is of alcohol for alcoholics! Did you know that if you have even one cigarette after quitting, you have a 90% chance that you will return to regular smoking? It might not happen right away. It may take several weeks, but one cigarette almost always leads to another, and another... So, you should do whatever it takes to avoid having any tobacco cigarettes. This is very important. Remember, you can vape instead of smoking.

But, what if you do end up having a cigarette? What then?

Two things tend to happen when people have a cigarette after quitting. First, they think that all is lost, perhaps that there is no point in trying any longer. It is like the dieter who has that first piece of cake: “I have blown my diet, so I

may as well finish the cake.” Thinking like that only gets you into more trouble. An entire cake is worse than one slice, and a pack of cigarettes is worse than one puff. The second thing that happens is guilt and depression. They tend to “beat themselves up.” This makes them feel worse. And remember that one of the big risk factors for relapse is negative mood. This leads to an even greater urge to smoke, and then they often keep smoking.



What Should You Do If You Find Yourself Smoking A Cigarette After You Quit?

1. Put it out. Get rid of any cigarettes.
2. Think of that cigarette as a “slip” instead of a “relapse.” It does not have to mean that all is lost.
3. Make that cigarette your last. Do not put off quitting again until tomorrow, next week, or next year. The sooner you try to quit, the easier it will be.
4. Even though you may feel bad, do not “beat yourself up.”
5. Instead, learn from it. Ask yourself what led up to your smoking? You now know that this is a high risk situation. You will need to get prepared for it in the future.
6. Use your coping skills and your e-cigarettes to deal with urges to smoke.



Frequently Asked Questions (FAQs) About Using E-Cigarettes to Quit Smoking

1. Have e-cigarettes been proven to help people quit smoking?

No, not in the type of studies that have shown that quit-smoking medications work. This is why the FDA has not approved e-cigarettes for quitting smoking. Those studies have not yet been done. However, many vapers report that e-cigarettes have helped them quit smoking. Based on other evidence, the UK has approved an e-cigarette for quitting smoking. One concern is that many vapers get stuck in dual use (both smoking and vaping) instead of quitting smoking. These booklets are designed to help break that pattern.

2. How long should I use e-cigarettes before I stop smoking completely?

Most successful quitters tell us they stopped smoking fairly soon after they began vaping. You don't want to make dual use a regular habit. As with NRT (for example, nicotine gum, patch, or lozenge), it is best to quit smoking within 1 to 4 weeks after you begin vaping. But, even if you have already been vaping longer than that, it is never too late to quit smoking. Set a quit date now.

3. Which type of e-cigarette should I use?

It really depends on your personal preference. Some people like the "cigalike." These are the e-cigarettes that look like tobacco cigarettes and are easy to use. Some prefer the more advanced tank systems that tend to deliver more nicotine. Often, people start with the cigalike and then move to a more advanced device that gives them more control. But it is really up to you. Experiment until you find one that you like.

4. Should I quit smoking all at once, or gradually?

This is also up to you. Many people find it easiest to quit smoking regular cigarettes all at once, on the quit date that they chose. Others prefer to cut down gradually before their chosen quit date. Both ways can work.

5. What e-juice flavors work best for quitting smoking?

Whichever ones you like enough to use whenever you have an urge to smoke. There are many flavors of nicotine gum to help people quit smoking. There are even more flavors of e-liquids to help you quit smoking. Some people have told us they found it easiest to first use flavors that reminded them of smoking. These would include tobacco and menthol flavors. This helped them make the switch from smoking to vaping. Later, they switched to other flavors that they liked more and that didn't remind them of smoking. These might be the fruit, drink, candy, or spice flavors. That way, vaping didn't cause urges to smoke.

6. Should I use nicotine or non-nicotine e-juice? Isn't it best to stop using all nicotine?

The goal is to quit smoking tobacco cigarettes. Nicotine can help you quit smoking. Like NRT, a bit of nicotine can make it easier for your body to adapt to not smoking. So, it makes sense to use nicotine e-liquids at first. Choose a level that helps you fight smoking urges. You can lower the nicotine level or switch to non-nicotine e-liquids later, if you choose.

7. How much should I vape?

Once you hit your chosen quit date, vape as much as you need to avoid smoking. Your goal is no tobacco smoking. Try to vape only in places where you used to smoke. You do not want to add new habits.

8. How long should I keep vaping—weeks, months, years, forever?

The first goal is to do whatever it takes to quit smoking—and to stay quit. At this point, don't worry about how long you will vape. Once you have quit smoking for a while, you may decide to stop, cut down, or continue vaping. But that's getting ahead of ourselves.

You have a lot of vaping options: type of device, brand, flavors, nicotine level, and so on. The key is to find what works for you. Don't be afraid to experiment. Do whatever it takes to quit smoking tobacco cigarettes!



Extra Tips for Vapers

1. Vape as much as you need to stay off tobacco cigarettes.
2. When you are tempted to smoke, vape instead.
3. Try different devices and flavors until you find one that works for you.
4. Keep your e-cigarettes handy.
5. Keep an extra battery or e-cigarette handy in case yours runs out.
6. Try to vape only in those places where you used to smoke. Do not add new vaping locations.

The Most Important Messages

You should be proud for deciding to quit smoking and taking a step toward a better and longer life. Once again, congratulations!

We ask that you save this copy of *If You Vape* and re-read it many times during the first year or two after quitting. People often forget the important points. To help you remember, here are some important messages:

1

Choose a quit date, and then stick to it.

2

Get some medication to help you quit smoking.

3

If you vape, use e-cigarettes to help you quit smoking.

4

Throw out all your tobacco products.

5

Change your usual routine during the first few days of quitting.

6

Remember the situations that are risky for you. Be prepared for them. They may be:

- Habit situations (things you used to do while smoking).
- Stress and negative moods.
- Positive moods and celebrations.
- Alcohol.

7

When having a strong urge to smoke, use behavioral and mental coping skills to get your mind off smoking. Use your e-cigarette to cope with urges.

8

Do not fool yourself into thinking, "I can have just one cigarette." Avoid smoking at all costs.

9

If you do smoke, take action right away to avoid having any other cigarettes. Quit again at once.

IF YOU VAPE



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Produced by the Tobacco Research and Intervention Program at the H. Lee Moffitt Cancer Center & Research Institute

Director: Thomas H. Brandon, Ph.D.
1(877) 954-2548 | projectEASE@moffitt.org

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