

**Stop Smoking Service**

**Withdrawal Symptoms**

Symptom	Cause	Coping Strategy
<b>Craving</b>	Low nicotine levels. Experienced by 90% smokers. Usually the reason a smoker lights another cigarette .	Distraction – the craving will pass after 2-3 minutes. Use nicotine replacement therapy.
<b>Hunger</b>	Low nicotine levels, as nicotine acts as an appetite suppressant.	Exercise. Low calorie snacks. Maybe glucose tablets will help.
<b>Dizziness</b>	Improved oxygenation of tissue as carbon monoxide levels in the blood decrease.	This will pass spontaneously. Take physical activity slowly. Consider avoiding driving.
<b>Cough</b>	Cilia have been paralysed by smoke but are now reactivated to clear respiratory tract.	Consider it as a positive health effect. Use linctus if necessary.
<b>Tingling Sensations</b>	Improved circulation to hands and feet. Also means hands and feet will be warmer.	Consider this as a positive effect.
<b>Constipation or Diarrhoea</b>	Bowels have learned to rely on the laxative effect of tobacco. Constipation is common.	Eat high fibre foods and expect it to be better in 2 weeks. Avoid laxatives.
<b>Sleep disturbances/ insomnia</b>	Altered REM sleep patterns as a result of nicotine withdrawal.	Encourage extra sleep if tired or extra rest. More physical activity.
<b>Sore tongue Mouth ulcers</b>	Chemical and bacterial changes in the mouth. Lack of vitamins impairs healing.	Good balanced diet.
<b>Mood swings, anxiety, irritation, depression</b>	This may be a grief like reaction to giving up smoking due to a sense of loss, which is a normal process.	Support and encourage the quitter to see this as a temporary and normal process. Increase exercise.