



Pharmacy Smoking Cessation Service Patient Information

Congratulations on signing up to the Pharmacy Stop Smoking programme, this is the first step to being smoke-free for good!

What to expect

- The programme is a 12-week course where you will have access to free nicotine replacement therapy (NRT) or stop smoking medication and motivational support from trained pharmacy staff.
- You will be supported in a way that suits your lifestyle and work commitments but we advise you aim to have face to face appointments weekly, especially for the first 4 weeks.
- If you are still smoking cigarettes at the 4-week mark, options will be discussed for moving forward.
- If you want to use a vape as a tool to quit smoking cigarettes, have a discussion with your pharmacist who will provide options. They may refer you onto the Smoking Specialist Service/ Healthpoint on 08085 20 20 30. A switch from cigarettes to a vape is classed as a successful quit.

What We Expect Of You

- It is important you set a quit date with help from your smoking advisor and pledge to not smoke cigarettes after that date.
- It is important that you keep in touch with your advisor, whether that be in person, by telephone, text or email, ideally on a weekly basis but, in the least, at the 4-week and 12-week periods.
- If you do smoke cigarettes after your quit date, it is important you share this information with your smoking advisor as this may affect your chosen NRT medication.

What Happens After the Programme?

If you make it to the end of the 12-week programme without smoking tobacco, it will be documented in your health records as a successful quit, very well done.

Sometimes it will take many attempts to stop smoking, this is not unusual.

If you have an unsuccessful attempt (i.e. still smoking at 4 weeks) and want to try again, you have options:

1. You can commence a 2nd attempt within pharmacy
2. If you have already had 2 attempts within the pharmacy setting, you may be referred to the Specialist Smoking Service/Healthpoint who can give some more structured behavioural support.
3. If you have had multiple quit attempts (over 4), you may receive a letter/phone-call from the Specialist Smoking Service/Healthpoint who can provide extra support for your next smoking quit attempt. This is called a "shared care" approach where you can access NRT/medication from the pharmacy but can also access free telephone support from a highly trained smoking specialist. This would be optional to you.

Useful contact

- Quit Your Way ([Quit Your Way Scotland | NHS inform](#))
Support line and web chat open Monday to Friday, 9am-5pm - Telephone 0800 84 84 84