



## **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 2<sup>nd</sup> 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