

Preparing for Nicotine Withdrawal

Using tobacco is physically addictive. When you quit you may need help coping with the cravings and withdrawal symptoms that you will experience.

These physical cravings and withdrawal symptoms drive many people back to tobacco.

Although unpleasant, these symptoms will go away over time. Many people find using nicotine replacement products very helpful in combatting these intense cravings.

You may cough more often because your lungs are cleaning out the waste left by tobacco. Again, this is a good thing.

You may feel irritable or have mood swings.

Hunger, food cravings, difficulty concentrating or sleeping, and constipation are also possible.

The worst of these are over in a few days, but some degree of symptoms may continue for three to four weeks.

Make a plan with your healthcare provider ahead of your quit date for ways to cope with these symptoms.

They may recommend you use nicotine replacement therapy.

“The lozenges helped a little bit for the immediate urge.”

Preparing for your nicotine withdrawal symptoms before you quit will help you to cope with them, overcome them and stay quit.