

# Products that Can Help with Withdrawal

The withdrawal symptoms you feel when you quit using tobacco can drive many people to start using again. To help, your healthcare provider may recommend you use stop smoking aids when quitting tobacco.

These stop smoking aids include: Nicotine Replacement Therapies, which contain purified nicotine but without all of the toxins of cigarette smoke, or Non-Nicotine Replacement Therapies, products that contain medication other than nicotine.

Your healthcare provider may also recommend you do a combination of the two to help increase your chance of staying quit and lessen your withdrawal symptoms.

Some nicotine replacement aids, such as the patch, gum, and lozenges are available over-the-counter, without a prescription. Some insurance companies will cover these products, so check with them as well.

Consult with your healthcare provider before using them and follow the directions carefully.

If you haven't been successful using these aids in the past, it may be because you tried to use them without a plan. Consider trying again with a strong plan in place, in a tobacco cessation group, or talk to your healthcare provider about an option that might work for you.

Your doctor might prescribe a nicotine inhaler and or nasal spray or a non-nicotine replacement therapy.

Depending on which aid or aids you use, it either eases tobacco cravings and withdrawal symptoms, or blocks the stimulation of the pleasure center in your brain.

Some smoking cessation aids can be taken in combination, under the guidance of a healthcare professional. The dosages vary for each type of product, and sometimes depend on your tobacco history.

Side effects can vary. You may need to try several aids before finding the one that works for you.

If the cost of stop smoking aids concerns you talk to your healthcare provider or pharmacist. You may be able to get financial assistance.

Use these aids for as long as you need to and consider keeping some on hand for unexpected cravings in the future.

And remember how much money you will be saving overall by quitting tobacco.

Using stop smoking aids, whichever one is right for you, will help you cope with the withdrawals and cravings you may experience. It is a key part of your plan to quit using tobacco and stay quit.