

# Understanding Nicotine Pre-loading

Do you want to quit smoking, but aren't ready to quit right away?

If so, some people benefit from Nicotine Pre-loading. This is endorsed by the US Surgeon General.

Talk to your healthcare provider to see if this strategy can help you.

When you pre-load, most likely your body will crave less tobacco. Gradually wean down the amount you smoke while continuing to use your nicotine replacement therapy.

Once you quit smoking, continue to use your nicotine replacement therapy while reducing the amount you use or the strength of it.

Continue this process until you are totally nicotine free, which can be 3 to 6 months or longer.

Talk to your healthcare provider about nicotine pre-loading.

And for more information on quitting smoking and how to stay quit visit: [lung.com](http://lung.com) or [cdc.gov/tobacco/](http://cdc.gov/tobacco/).