



How to deal with nicotine withdrawal

Most people who are trying to stop smoking have some withdrawal symptoms, but usually do NOT have all that are listed below.

Moodiness/Worry

- ▶ Your body's craving for nicotine may causes you to be moody.
- ▶ Irritability from nicotine withdrawal will stop in time, usually in 2 to 4 weeks.
- ▶ Nicotine patch or gum can help to ease the cravings and irritability.
- ▶ Tell your family and friends that this may be a tough time for you and that it's only temporary.

Craving a cigarette

- ▶ Cravings for cigarettes usually happen during the first few days.
- ▶ Cravings usually only last a few minutes. They will pass.
- ▶ Cravings go away over time. (2 to 3 weeks).
- ▶ Distract yourself. Do something other than smoke.
- ▶ Walk, talk with a friend or read a good book to help take your mind off of smoking.

Coughing / Clearing Your Throat / Dry Throat / Postnasal Drip

- ▶ Smokers' bodies create extra mucous to help rid the body of the harmful chemicals in cigarettes.
- ▶ When you stop smoking, your body stops making extra mucous. You may need to cough or clear your throat.
- ▶ Coughing and other symptoms show that your body is healing itself. They will go away.
- ▶ Drinking water or having hard candy is a way to ease the coughing.

Sleepless Nights (Insomnia)

- ▶ Nicotine can change how deeply you sleep. This usually goes away in a few days.
- ▶ Dreaming about smoking is also common.
- ▶ Deep breathing, a hot bath before bed, and drinking decaf tea or warm milk may help.

Light-headed (Dizziness)

- ▶ Some dizziness is normal and will pass. This usually happens because your body is getting normal amounts of oxygen. This means that your body is repairing itself.



Use this information to help you with the symptoms you may have.

Don't worry about those that you do not have.

Withdrawal is temporary and a sign that you are on the road to recovery.