Quit Aids: Tools to Stop Smoking

Quit aids are tools that make it easier to quit smoking. The FDA has approved two types: NRT (nicotine replacement therapy) & non-nicotine pills. Both of these cut withdrawal symptoms, like cravings and irritability.

NRT

Nicotine Patch
- Worn on the skin like a Band-Aid
- Gives nicotine to the body through the skin
- Can get over-the-counter

Nicotine Gum
- Chewed and “parked” between the cheek and gums
- Gives nicotine to the body through the lining of the mouth
- Can get over-the-counter

Nicotine Lozenge
- Looks like hard candy and dissolves in the mouth
- Gives nicotine to the body through the lining of the mouth
- Can get over-the-counter

Nicotine Inhaler
- Users puff on it and get hits of nicotine vapor
- Requires a prescription

Nicotine Nasal Spray
- A pump bottle that contains nicotine
- The tip of the bottle is put into the nose and sprayed
- Requires a prescription

Non-nicotine Pills

Bupropion SR
- Does not have nicotine
- Also sold as Wellbutrin SR (an anti-depressant)
- Requires a prescription

Chantix (varenicline)
- Does not have nicotine
- Cuts cravings by tricking the body to feel like it is getting nicotine
- Blocks the pleasure of smoking
- Requires a prescription

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!