

PREPARING FOR YOUR FIRST TOBACCO-FREE DAY THE CHECKLIST

By Dr. Daniel Seidman

Breathe Easier:  Stop Smoking

- Have you reviewed medications available to make it easier to go completely smoke-free?
- Have you discussed medications that interest you with your doctor, dentist or nurse practitioner?
- Have you decided whether to use medication to help with your plan?
- Have you decided whether to use nicotine replacement therapy? Do you have or need a prescription? Do you know how to use it?
- Do you use other medications?
- Are you going to take Zyban? Do you have a prescription? Do you know how to use it?
- Are you going to take Chantix? Do you have a prescription? Do you know how to use it? Have you chosen a specific date to go completely smoke-free?
- Have you filled in your smoke-free date on your calendar?
- Have you planned for your smoke-free date and beyond?
- Do you carry a water bottle?
- Do you know deep, slow breathing exercises to relax, distract yourself when upset, and cope with cravings?
- Are you ready to avoid smokers?
- Have you spoken with smokers to get them to support your efforts?
- Will you make sure there are no cigarettes in your home?
- Will you avoid or limit alcohol?
- Have you smoked by the clock for a few days or a week or more before smoke-free date?
- Have you practiced distracting yourself—with water, inhaler, nicotine gum, meditation, etc.—when smoking by the clock and you still feel like smoking?
- Have you completed all the exercises in the Breathe Free: Stop Smoking program?
- Have you started your daily 30 minute walking program?
- Do you have strategies to address weight-gain concerns?
- Have found support from a peer support group like Nicotine Anonymous? Do you have a buddy? Have you stayed in contact with your doctor, dentist or nurse practitioner who prescribed your medication to help go smoke-free?

As a reminder, always consult your doctor for medical advice and treatment before starting any program.