

## What happens in a stop smoking session?

There are 3 support options: Self, Brief or Specialist support to help you stop smoking. You can switch between options at any time if you think another one will suit you better. Specialists are friendly and supportive and help you to become a non-smoker.

They can see and support you in a stop smoking programme for up to 12 consecutive weeks.

### **OPTION 1**

**Self-Support Option:** For people who do not want to see a Specialist Advisor for weekly sessions to quit smoking there is the option to manage your own Quit attempt, using the information pages on our website; including advice on using medication, setting goals and managing triggers. There is also the option of telephone, text or email support from an advisor to work alongside (See **option 2**).

### **OPTION 2**

**Brief Support Option:** For people who need help from a Specialist Advisor but don't have the time or mobility to commit to 12 weeks of Specialist support. Our Specialists would be available to you by phone, email, or in brief drop-in sessions. You would be able to get Nicotine Replacement Therapy prescriptions to help you quit. A minimum of 2 face to face sessions after your first support session is required.

### **OPTION 3**

#### **Weekly Specialist support:**

Advisors run a twelve-week support programme. After your first appointment, you will have support sessions (one a week), when you can discuss how you are getting on, any difficulties you are having and receive advice, encouragement and medication from your advisor. It is important to attend all your appointments. The first session usually lasts around 45 minutes. Follow-up sessions last 10-20 minutes.

#### **In your first Brief or Specialist support session (Options 2 & 3):**

1. The advisor will ask questions about your smoking, your health and lifestyle, what kind of stop smoking medication you may want to use, etc.
2. Your advisor will help you set a quit day (the date you will stop smoking). You will agree a plan of action on how you can prepare for this day.
3. Your advisor will make notes and record what you decide.

#### **Stop smoking aids:**

Most people benefit from using one of the medications designed to help people stop smoking. Using these makes it four times more likely that you will succeed. Turn over the page to read more information on Nicotine Replacement Therapy, Champix and electronic cigarettes.

#### **Follow-up\*:**

The advisor will telephone/ email/ text you if you don't attend your sessions. If, after you have stopped smoking and completed the programme you feel you may start smoking again, you can contact the Hackney Stop Smoking Service for more support on **0800 046 9946**.

#### **Confidentiality:**

Your personal information is kept by the Hackney Stop Smoking Service (SSS). Your personal details are kept confidential and are not shared with anyone outside of the SSS, unless we have your consent to do so.

\*The follow-up is exclusive to options 2 & 3

## Stop smoking medications

The choice of stop smoking medication will depend on you and your lifestyle – your advisor will provide guidance and explain how to use it correctly. Whichever stop smoking aid you choose, the advisor will monitor how you get on with the medication in your support sessions.

### Champix (Varenicline)

Champix is a medication which reduces cravings for cigarettes and makes smoking taste and feel unpleasant. Your advisor will provide you with a prescription for Champix which you will take to a nominated local pharmacy. Initially, this will be a two week supply. The course of treatment is twelve weeks in total.



### Nicotine Replacement Therapy (NRT)

There are seven types of NRT (see images). They reduce cravings for cigarettes and are all equally effective. They can be used in a combination of two products at the same time.

Your advisor will provide you with a prescription for NRT which you will take to a nominated local pharmacy. This will usually be for a one-week supply. The course of treatment is usually eight to twelve weeks in total.



(Left-right)  
Back row: gum,  
patch, nasal spray

Front row:  
Lozenges,  
microtabs,  
inhalator



Mouth spray

**Electronic cigarettes (EC) or Vapes:** We are an EC friendly service and welcome people who would like to use an EC to help them quit. This means that if you are still smoking and are using an electronic cigarette to help you to stop, you can still see a stop smoking advisor for support each week. We cannot supply electronic cigarettes because they are not licensed for use as stop smoking aids. The advisor can talk with you about ways to keep away from smoking tobacco, how to cope with cravings and how to cut down on using nicotine in electronic cigarettes.



For more information on stopping smoking go to - <https://www.smokefreehackney.org/>

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