



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

# 5 Day Plan to Get Ready

The most effective way to quit is to have a plan, use FDA approved medication, and get tobacco cessation counseling. Tobacco coaching is provided free from Quitline Iowa at 1-800-QUIT-NOW. Here is a five day plan to help you give up tobacco for good!

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## Quit Day Minus 5:

- List all of your reasons for quitting
- Tell your friends and family about your plan
- Stop buying cigarettes or chew
- Start breaking up your tobacco routine: If you have a cigarette with meals, wash the dishes then smoke. If you smoke on the drive to work, wait until after you get out of the car.

## Quit Day Minus 4:

- Think of new ways to relax or things to hold in your hand instead of a cigarette
- Pay attention to when and why you smoke
- Think of habits or routines you may want to change.

## Quit Day Minus 3:

- Make a list of the things you will do with the money you'll save by not buying cigarettes
- Think of who to reach out to when you need help, like a smoking support group or a counselor at Quitline Iowa

## Quit Day Minus 2:

- Buy the over-the-counter nicotine patch, gum, or lozenge. Or get a prescription for the nicotine inhaler, nasal spray, or the non-nicotine pills, such as Chantix™ or Zyban™
- Clean your clothes to get rid of the smell of cigarette smoke

## Quit Day Minus 1:

- Think of a reward you will get yourself after you quit
- Make an appointment with your dentist to have your teeth cleaned
- At the end of the day, throw away all cigarettes and matches. Put away lighters and ashtrays.

## Quit Day:

- Keep very busy
- Change your routine when possible, and do things out of the ordinary that don't remind you of smoking
- Remind family, friends, and coworkers that this is your quit day, and ask them to help and support you
- Avoid alcohol
- Buy yourself a treat, or do something to celebrate

## Quit Day Plus 1:

- Congratulate yourself
- When cravings hit, do something else that isn't connected with smoking, like taking a walk, drinking a glass of water, or taking some deep breaths
- Call your support network
- Find things to snack on, like carrots, sugarless gum, or air-popped popcorn