Reduce to Quit

Step 1: (0-6 weeks) Smoker sets a target for no. of cigarettes per day to cut down (at least 50% recommended) and a date to achieve it by. Smoker uses gum to manage cravings.

Step 2: (6 weeks up to 6 months) Smoker continues to cut down cigarettes using gum. Goal should be complete stop by 6 months. Smoker should seek advice from HCP if smoking has not stopped within 9 months.

Step 3: (within 9 months) Smoker stops all cigarettes and continues to use gum to relieve cravings.

Step 4: (within 12 months) Smoker cuts down the amount of gum used, then stops gum use completely (within 3 months of stopping smoking).

Glossary

BID: Twice a day

COPD: Chronic obstructive pulmonary disease
d: Days

lbs: Pounds

LU: Limited use

NRT: Nicotine replacement therapy

MAOI: Monoamine oxidase inhibitor

Max: Maximum

ODB: Ontario drug benefit

OTC: No prescription needed

PO: By mouth

PRN: As needed

qam: Every morning

℞: Requires a prescription

SR: Slow release

Wt: Weight

References

Information provided is evidence-based but may not be approved for use in certain regions. Refer to your local regulatory authority for approved indication, guidelines, and updated safety information.


4. CAN-ADAPTT. Canadian Smoking Cessation Clinical Practice Guideline. Toronto: Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment, Centre for Addiction and Mental Health; 2011.

5. CAN-ADAPTT. Canadian Smoking Cessation Clinical Practice Guideline: Pharmacotherapy section. Toronto: Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment, Centre for Addiction and Mental Health; 2012.