YOU CAN QUIT SMOKING: 5-DAY COUNTDOWN*

By Amy E. Tackett, PharmD
PharmacistCARE Resident

5 Days Before Your Quit Date
- Think about your reasons for quitting.
- Tell friends, family, and any smoking buddies you are planning to quit and need their support.
- Stop buying cigarettes or other tobacco products.

4 Days Before Your Quit Date
- Pay attention to when, where, and why you smoke (triggers).
- Think of other things to hold in your hand instead of a cigarette.
- Think of habits or routines to change (i.e. moving furniture, removing ash trays from cars).

3 Days Before Your Quit Date
- What will you do with the extra money when you stop buying cigarettes?
- Think of who to reach out to when you need help.

2 Days Before Your Quit Date
- Buy the nicotine patch or gum, or see your doctor to get the nicotine inhaler or non-nicotine smoking cessation medication.

1 Day Before Your Quit Date
- Put away lighters and ashtrays.
- Throw away all cigarettes, lighters and matches.
- Clean your clothes and smoking areas to get rid of the smell of cigarette smoke.

Quit Day
- Keep very busy.
- Remind family and friends that this is your quit day.
- Stay away from alcohol.
- Give yourself a treat, or do something special.
- Have healthy snacks on hand (i.e. carrot or celery sticks).

Smoke Free- Congratulations!!!
If you "slip" and smoke, don't give up. Set a new date to get back on track. Call a friend or "quit smoking" support group. Eat healthy food and get exercise.

* Information from U.S. Department of Health and Human Services