



## **Tobacco intervention tips**

- Ask about tobacco status

“What type of tobacco products do you use?”

- Assess readiness to quit

“What are your thoughts on quitting?”

- Assist with a quit date and plan or refer them to a tobacco program

“What day do you want to set as your quit date, the day you will be completely tobacco free?”

- Give Quit line cards or tobacco cessation information such as 1-800-NO-BUTTS (1-800-662-8887), or [www.nobutts.org](http://www.nobutts.org)

- Nicotine patch general information:

<b>&gt;40</b> cigarettes/day	42mg/day
<b>21-39</b> cigarettes/day	28-35mg/day
<b>10-20</b> cigarettes/day	14-21mg/day
<b>&lt;10</b> cigarettes/day	7-14mg/day

**>3 cans or pouches/week:**

42mg patch daily for 4-6 weeks, then taper 7-14mg every 2-4 weeks based on patients withdrawal symptoms

**2-3 cans or pouches/week:**

21mg patch daily for 4-6 weeks, then taper 7-14mg every 2-4 weeks based on patients withdrawal symptoms

**<2 cans or pouches/week:**

14mg patch daily for 4-6 weeks, then taper 7-14mg every 2-4 weeks based on patients withdrawal symptoms

Nicotine lozenge or gum: 2mg dose= 2 cigarettes

- Follow-up with provider, pharmacist or tobacco cessation clinic