

Making Preparations

Read through the list of preparations below and tick the ones you're going to do:

Two weeks before your Quit Date:

- I will begin taking my prescription medication (Champix or Zyban) on the date advised by my stop smoking advisor or GP.

The week leading up to your Quit Date:

- I will make plans for my Quit Date that will keep the day as stress-free as possible.
- I will talk to someone who used to smoke but successfully quit, asking them what they found helpful.
- I will tell my family members and friends that I am quitting, and let them know how much it means to me to succeed.
- I will make an agreement with a family member or friend who also wants to quit that we will support each other.
- I will think about situations that could tempt me to smoke, and how I can side-step them.

One day before your Quit Date:

- I will throw out my cigarettes (and any other smoking materials such as loose tobacco or chewing tobacco), lighters and ashtrays.
- I will remind my family members and friends that I am quitting.
- I will decide what I will do to distract myself if I feel the urge to smoke