

Quitting Smoking: The Combo Sheet

The patch-plus-gum combo, the exact technique, and the free help that raises your odds.

✓ **Verified against published guidance** from CDC, Mayo Clinic & FDA · sources below

The combo: one long-acting patch each morning for steady coverage, plus gum or a lozenge for sudden cravings. It can raise your chance of staying quit.

✓ Do This

Buy the Combo Before Quit Day

- Patch plus gum OR lozenge
- Over the counter, adults 18+
- Ask the pharmacist about dose

COACH'S TIP Being armed beats willpower.

Patch: New One Each Morning

- Clean, hairless skin
- Between waist and neck
- Covers cravings 24 hours

COACH'S TIP No lotion or moisturizing soap first.

Gum: Bite, Then Park

- Bite to a peppery tingle
- Park at the gumline
- Repeat about 30 minutes

COACH'S TIP Chewing it like regular gum wastes it.

Lozenge: Let It Dissolve

- Move it side to side
- 20 to 30 minutes
- Minis deliver faster

COACH'S TIP Do not chew or swallow it.

Use Short-Acting Early and Often

- Every 1 to 2 hours as needed
- Even before a craving hits
- Anticipate your triggers

COACH'S TIP Cravings are predictable. Get ahead of them.

Add Free Coaching

- 1-800-QUIT-NOW
- Counseling plus medicine wins
- Set a quit date

COACH'S TIP The quitline costs nothing.

✗ Do Not

Do Not Eat or Drink Before Gum

- 15-minute buffer first
- Food blocks absorption
- Same rule for lozenges

COACH'S TIP Coffee right before cancels the dose.

Do Not Switch to Vaping

- Not FDA approved for quitting
- Many end up using both
- Not as safe as NRT

COACH'S TIP A different product, not an exit.

Do Not Rely on Willpower Alone

- Nicotine is highly addictive
- Medicine is treatment
- Doubling your odds is real

COACH'S TIP Tools are not cheating.

Do Not Ignore Mood Changes

- Low mood can follow quitting
- Two weeks is the line
- Tell your doctor

COACH'S TIP That is medical, not weakness.

Do Not Skip the Prescription Backup

- Nasal spray and inhaler exist
- Two non-nicotine pills too
- Pills start 1 to 2 weeks pre-quit

COACH'S TIP More rungs on the ladder.

Do Not Use These Under 18 or Pregnant

- Talk to a doctor first
- Rules differ for you
- Help still exists

COACH'S TIP The quitline works for everyone.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

2x Quit-smoking products may more than double your odds of quitting for good

7 Medicines approved by the FDA to help you quit smoking

12 hours After quitting, carbon monoxide in your blood drops to normal