



Stopping Vaping

An easy-read
information booklet



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Introduction



Vapes with nicotine can be very addictive.

You can get **withdrawal symptoms** when you stop vaping.



Withdrawal symptoms include feeling irritable and having low mood.



This booklet gives you advice on stopping vaping and help with withdrawal symptoms.

How to stop vaping



Some people use vapes to stop smoking.

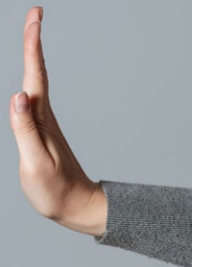
When you are ready, you can:

**Cut
down
slowly**



OR

**Stop
in
one
go**



...whichever suits you best.



Strength



Step by step, lower the strength of your vape liquid or pod.



Nicotine vape liquid strengths are:

**20
ml**

**18
ml**

**12
ml**

**6
ml**

**3
ml**

**0
ml**



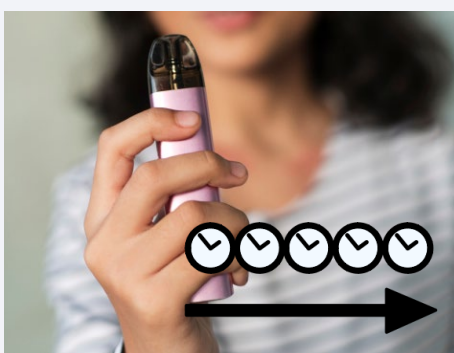
By cutting down slowly you can control how much nicotine you need to help with cravings.



For example, if you are vaping **20 ml**, cut down to **18 ml** for a week or two, then cut down to **12 ml**.



Time



Leave a longer gap between each time you vape.



Distract yourself at a time you would normally vape.

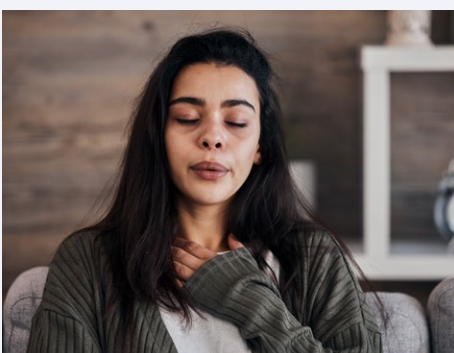
For example, during your lunch break.



Over time, this will reduce your nicotine cravings.



Places



Make places where you normally vape a vape-free space.

Vape-free space



For example:



Your home



Your car



Your workplace

Stopping vaping in one go



If you want to stop vaping and do not want to cut down bit by bit, you can try the following:



'Not a puff' rule



The 'not a puff' rule means not having a single puff on a vape from the day you stop vaping.

NRT



Nicotine Replacement Therapy (we will call this NRT)



NRTs are products that help people stop smoking. They may also help people stop vaping.



Nicorette QuickMist Mouthspray



QuickMist Mouthspray helps when you have a craving.

2 sprays
at a time



4 sprays
every hour



Do not take more than 2 sprays at a time.
Do not take more than 4 sprays every hour.

Maximum
of
64 sprays
per day



**Do not take more than 64 sprays per day
in total.**



**You can also use a nicotine patch to help
keep nicotine levels steady.**



**Nicotine products include patches,
mouth and nasal spray, gum and lozenges.**



You can buy these from pharmacies, supermarkets and other shops.



Pharmacists can give you advice on NRT.



You can vape and use NRT at the same time to help you stop.



You can use a patch with a spray, inhaler, gum or lozenges.

Other tips to help you quit



Support from friends and family can make a big difference to help you to quit.



If you know someone else who is trying to quit, team up so you can support each other.



Stay busy.

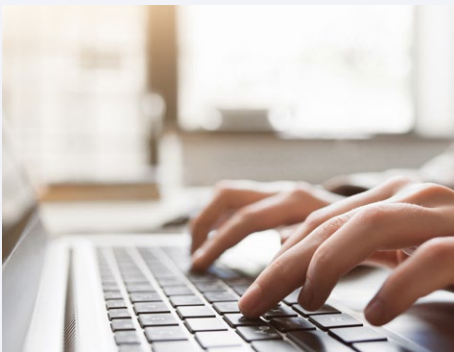
Staying busy can help you manage cravings. For example:



Going for a walk



Doing games and puzzles



Keeping your hands busy



Remember, quitting vaping can be tough and taking it step by step can help you reach your goal.

Feel Good Suffolk do not provide a stop vaping service.



Scan the QR code to go to our webpage about stopping vaping

If you want help to stop smoking Feel Good Suffolk can give you support and advice:

Our phone number is: 0345 603 4060

Our website is: feelgoodsuffolk.co.uk/stop-smoking-2/

This easy-read version has been created with the help of the people below who use easy-read materials themselves.



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