




Stop Vaping Tips for Adults



If you have quit smoking using a vape, and are now considering stopping vaping, these tips can help you to get started.

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QUIT YOUR WAY
with our support

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If you are currently smoking and thinking about quitting smoking, our Quit Your Way service can support you for up to 12-weeks. Please contact ☎ **0800 916 8858** for more information. Please note, this service is only for those who are currently smoking.

Making the decision to stop?

Is this the right time to stop vaping? If vaping helps you to not smoke, there is no rush to stop vaping. Staying smoke free is more important so make sure you are ready to stop vaping.

Think about why you want to stop vaping?

There are many reasons why you may want to stop vaping. Common reasons include cost, not wanting to be dependent upon nicotine and concerns over the health effects of inhaling substances into your lungs. What would stopping vaping mean to you? ... more money, better physical or mental health, no nicotine dependence?

If you feel ready to stop, make a plan! The following tips can help you to get started....

Know your use of vapes

- ▶ How often you are vaping? Every half hour or every hour or more often?
- ▶ How long does each vaping session last? A couple of puffs or for a few minutes?
- ▶ What nicotine strength are you using? Vapes come in different strengths; disposable vapes tend to have the highest level of nicotine 20mg/ml.

Know what to expect

- ▶ Most vapes contain nicotine, this is the addictive chemical.
- ▶ When a person regularly has nicotine and then stops vaping their brain and body must get used to not having it and they may experience temporary withdrawal symptoms. These symptoms will be similar to stopping smoking. For example, headaches, anxiety, restlessness and the urge to vape.
- ▶ Distraction helps...think about what you could do to distract yourself if you have any cravings or withdrawal symptoms. Listen to music; go for a walk or chat to a friend. Remind yourself that these symptoms will pass.

Make a plan

There are 2 ways to stop vaping Think about whether you want to gradually cut down or if you want to stop in one-step. Which way will work best for you? You can do this!

1. Cut down to quit.

- ▶ Pick a date let those you trust know that you are cutting down to quit from this date and discuss what they can do to help.
- ▶ Set rules for yourself about where you do and do not vape to start to cut down your use (e.g. only use when outside of your home or car, only on breaks at work).
- ▶ Change your routine, think about the times and activities where you vape. Making small changes to your daily routine can help to break your vaping habits. For example, if you vape when you first wake up try having breakfast instead or if you vape when you have a coffee try switching to tea or another drink.
- ▶ Remove temptation by putting your vape away out of sight when not used, only buy one vape or refill at a time or try switching to a flavour you like less.
- ▶ Reduce how long and often you vape by taking smaller puffs, increasing the time between vaping (E.g. if vaping every 20-minutes increase this to every 40-minutes). Start later in the day and finish earlier at night. This will help you to break the habit of regular vaping.

- ▶ Reduce the strength of nicotine (From 20mg–18mg–12mg–6mg–3mg–0mg). The speed at which you reduce is up to you. Staying at the reduced strength for a week or two or longer if not feeling ready to drop down to the next nicotine strength. If you start to experience urges to smoke and you feel like you might go back to smoking, then increase your strength of nicotine until these feelings go away.
- ▶ Plan for how you will manage withdrawal symptoms, think about the times where you might get urges to vape and plan for how you could distract yourself.
- ▶ Celebrate your success plan your rewards. For example, taking the money you would have spent on vaping and treating yourself at the shops.

Options if you are currently using a disposable vape

- ▶ It may not be possible to reduce the strength of nicotine if using a disposable vape as these do not have the same selection of strengths available. One possibility is to buy a different (tank system) vape and switch to this, so that a gradual reduction in nicotine can be started.
- ▶ Or gradually cut down to quit using the other steps; setting rules for yourself, removing temptation and reducing how long and often you vape.



Make a plan cont...

2. Stopping vaping in one step

If you feel ready to simply stop vaping, you could try to go through the day without vaping. Some things that might help:

- ▶ Let those you trust know that you are stopping vaping and discuss what they can do to help you.
- ▶ Remove all vapes and where possible yourself from situations where others are vaping.
- ▶ Plan how you will manage urges to smoke or vape, such as distracting yourself by changing your routine
- ▶ Celebrate your success by planning rewards for yourself such as having your favourite meal, a trip to the cinema or treating yourself at the shops using the money you have saved from not vaping.
- ▶ If you feel there is any risk of returning to smoking you should continue vaping.

Re-commit to not smoking - Your number one priority is not to start smoking again

Do Nicotine Replacement Therapy (NRT) Products help?

If you are in the early stages of stopping vaping and/or you use a moderate to high amount of nicotine, you may find using two NRT products beneficial. For example, using a nicotine patch, which releases nicotine slowly throughout the day plus an NRT product such as nicotine gum, mouth spray or lozenges, which release nicotine quicker, helping to manage withdrawal symptoms.

If you are using lower amounts of nicotine, a single NRT product might be beneficial.

You can buy NRT products from most pharmacies who will be able to help find the right product(s) for you.

If, at any point, you think that you are at risk of returning to smoking, keeping a vape and/or an NRT product such as nicotine gum, mouth spray or lozenges that releases nicotine quickly, at hand can be helpful in 'emergency' situations when a sudden trigger causes an urge to smoke.

Remember - if you have a blip and vape, don't be hard on yourself.

Think about why you vaped and the next time you get an urge to vape, think about what you might do instead and remember not smoking is the priority.

For more information on vaping, visit our website

 <https://www.nhsggc.scot/ecigsvapes>

Notes