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Quitline 13 7848  
quit.org.au

Using Quitline increases the chance  
of quitting successfully.

*Don't go it alone.*

Your  
**stop smoking**  
plan



Today your health professional has recommended a **stop smoking plan to suit you.**

The best way to stop smoking is with **medications PLUS tailored support from Quitline (13 7848).**

## Here is your personalised plan:

### Stop smoking medications

Nicotine medications



Tick

- Gum
- Lozenge
- Mini-lozenge
- Mouth spray
- Inhalator

*Nicotine medications can be bought over the counter, but some will be cheaper if you have a prescription from your doctor.*

#### **Other prescription medication recommended:**

*(E.g. Champix)*

### Quitline (13 7848)

- Referral to Quitline completed

A friendly Quitline counsellor will give you a call in the next few days. They can help you no matter where you're at with quitting, even if you're not ready to quit just yet.