

# Advising vapers who want to quit



Nicorette® helps your patient enjoy freedom from smoking and vaping

NICE Guidelines recommend discussing with vapers how to stop when they are ready to move on<sup>1</sup>



## Listen

### Listen to your patients:

It's simple to identify nicotine vapers ready to quit through your day to day conversations with patients.

When talking to your patients, look out for those who want to quit vaping who may benefit from an NRT licensed for them:

- They self-identify as wanting to quit vaping
- They say they are unhappy with their habit

## Ask

### If they vape and want to quit:

- "How long do you intend to continue using nicotine-containing vapes or e-cigarettes"<sup>1</sup>

## Advise

### Advise on how to stop vaping if they are ready to move on:<sup>1</sup>

- If they want to quit, there is a medicine licensed for them
- Nicorette® products provide a measured dose of nicotine to help relieve cravings
- As soon as they feel able, they should gradually reduce the number of sprays used each day until they have stopped completely

## Inform

### NICE advise that you share the following information with patients:

- If they used to smoke, e-cigarettes should be used for long enough to prevent a return to smoking<sup>1</sup>
- Any smoking is harmful so they should stop smoking tobacco completely<sup>1</sup>

References: 1. National Institute for Health and Care Excellence (NICE). Tobacco: preventing uptake, promoting quitting and treating dependence (NG209). Available at: <https://www.nice.org.uk/guidance/ng209> (Accessed October 2022).

UK-NIC-2025-151412 | March 2025



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