

Your Journey with Quitting Tobacco or Nicotine



For more information scan this QR code or go to <https://myhealth.alberta.ca/quitting-tobacco-pathway>

This patient pathway is for adults who have smoked, vaped, or used other commercial nicotine products in the last 30 days.

This may include cigarettes, cigars, chewing tobacco, dip, snuff, e-cigarettes, shisha or hookah, or nicotine products like gum or pouches. This pathway is not for people using traditional tobacco for ceremonial purposes or as a sacred medicine. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your healthcare team to quit tobacco or nicotine. If you have any questions, talk to your team.

It's never too late to quit. Change is possible, and every small step can improve your health.

Help your healthcare provider better understand your tobacco or nicotine use

Your healthcare provider may ask questions to understand how they can help you, such as:

- What types of tobacco or nicotine products do you use?
- What role does tobacco or nicotine have in your life?
- How might life be different if you quit?



Talk with your healthcare provider about how ready you are to quit

You may be asked questions like: On a scale of 1 to 10, how important is it for you to change your tobacco or nicotine use or quit using these products?

If you're not ready (0 to 4) that's OK. Your healthcare provider will:

- Respect your decision.
- Offer resources for when you **are** ready.
- Check in again at a future visit.

If you are ready (5 to 10), you'll move on to choosing supports and making a plan together. See albertaquits.ca/stages-of-change to learn more.

You'll be offered supportive advice to quit or use less

Your healthcare provider may talk with you about:

- The health risks of smoking, vaping, or using other commercial nicotine products.
- The benefits of quitting, like feeling happier, having less stress, and saving money.
- How support and medicines can make quitting easier.

You will choose the type of support that works for you

Behavioural support (free):

- Phone counselling (AlbertaQuits Helpline: 1 866 710 7848)
- Group programs (QuitCore), text message programs (text ABQUITS to the number 123456 to register), and online self-help tools (albertaquits.ca/get-help)
- Support from your primary care network or pharmacy

Medicines for cravings and withdrawal symptoms (may be covered by your health insurance plan):

- Nicotine replacement therapy (patches, gum, lozenges, inhaler, or spray).
- Prescription medicines.

Learn more at albertaquits.ca/nrt.

Many people use both behavioural support and medicine as the **most effective strategy** to quit or use less. Both together can improve your chances of quitting if you've tried before.

Follow-up and continued support

You are not alone on your quit journey. If you set a quit date, follow up with your healthcare provider **after 1 to 4 weeks** to:

- Celebrate your successes—both big and small.
- Get help through slips, relapses, and cravings, or to adjust your medicine.

Whether you're ready to quit or not, stay up to date on your cancer screening. Visit screeningforlife.ca.



Important Tips:

Need a family doctor?

ahs.ca/findaprovider

Need a translator?

Let your healthcare provider know

Need health advice?

Call Health Link at 811

AlbertaQuits Helpline:

1-866-710-7848

Indigenous Support Line:

1-844-944-4744

Need to find programs and services in your community?

Call 211 or visit ab.211.ca

Please send us your [feedback](#) on this resource



Whole-person health