

# WHAT'S THE BEST WAY TO QUIT SMOKING?



## NICOTINE REPLACEMENT THERAPY (NRT)

- Delivers nicotine to your body in small amounts
- Can help you control cravings
- Long-acting form—**nicotine patch**
- Short-acting forms—**nicotine gum, inhaler, spray, and lozenge**



## PRESCRIPTION MEDICATIONS

- **Varenicline and Bupropion**
- Contain no nicotine
- Can help control cravings and withdrawal symptoms



## COUNSELLING

- One-on-one, confidential support
- Quit coaches can help you develop a structured quit plan and answer your questions about quitting



## CYTISINE

- Non-prescription natural health product that mimics the effects of nicotine on the body
- Available online and in certain stores and pharmacies

Improve your chances by combining quit aids and supports



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## TIP

Don't know what to try? Speak with a healthcare provider or a quit coach about which quit aids and available supports are right for you at [gosmokefree.gc.ca/quit](https://gosmokefree.gc.ca/quit) or toll free at **1-866-366-3667**.