



QUESTIONS TO ASK YOUR DOCTOR

Talking to your healthcare provider is an important part of re-learning your life without cigarettes. Letting them get a quick picture of your general health before you quit is a good idea. Additionally, healthcare providers can answer many questions you have about medications to help you quit smoking.

If you're worried about what to say to your doctor or simply don't know what to ask, take this list of questions with you on your next appointment as a guide.

- 1) I've been smoking for _____ years. Will I really see any benefits if I quit now?
- 2) I've tried quitting before, but it has been difficult and I started smoking again. What can I do to help myself this time?
- 3) What are withdrawal symptoms like? What can I do to deal with them? How long will they last?
- 4) I feel like I should quit on my own, but I am wondering about medicines. How could a medicine, over-the-counter or prescription, help me stop smoking?*
- 5) Which medication do you recommend for me, and how do I use it? I smoke _____ cigarettes per day. Does that impact how much medication I should use?
- 6) What are the side effects for smoking cessation medications?
- 7) Is it harmful to smoke when I'm using a medication?
- 8) How long will I have to take these medications? What will happen when I stop taking them?
- 9) What if I slip up and start smoking again during my quit attempt?
- 10) I know there will be times when I need help. Where should I go for support when I feel the urge to smoke?

**Be sure to tell your healthcare provider about all medications you are taking.*

Add any other questions you might have below:
