

Vaping to quit smoking FAQs

Vapes are battery operated devices that people use to inhale an aerosol (vapour), which can contain nicotine. They are known as vapes, e-cigarettes (electronic cigarettes), cig-a-likes, tanks and mods, but for this document's purpose we will refer to them as vapes or vaping devices.

In recent years, vapes have become an extremely popular stop smoking aid in the UK and despite common myths and confusion around vapes, scientific evidence shows they are far less harmful than smoking cigarettes.

Please see glossary at the bottom of this document to explain vaping terms.

What is vaping?

Vaping is an alternative to smoking, which doesn't involve the tar or combustion involved in smoking tobacco.

A vaping device contains four main components:

1. The battery device. Some vapes have built-in batteries that are charged through USB, others have batteries which can be removed and recharged with a specialist charger.
2. The clearomiser or tank (which holds the e-liquid). This is usually made of glass or plastic and holds the e-liquid, and a coil that heats up the e-liquid that sits inside it.
3. The e-liquid - the battery heats up the coil inside the tank, which causes the e-liquid to turn into a vapour which is then inhaled.
4. A mouthpiece which is used to inhale

Is vaping safer than smoking?

There is never a situation where it is better to smoke than it is to vape. According to independent studies by Public Health England and The Royal College of Physicians vaping is recognised as being substantially less harmful than smoking. This position is also supported by The Royal College of General Practitioners and many other independent medical and public health bodies.

Vapes are not risk-free and we do not yet know their long-term impact. However, they almost certainly far less harmful than smoking.

People who switch completely from smoking to vaping have significantly reduced exposure to toxins associated with risks of cancer, lung disease, heart disease and stroke.

Can vaping help me quit smoking?

Yes. Statistics show that almost two-thirds of people who use a vape along with support from their local Stop Smoking Service successfully quit smoking.

You will not get the full benefit from vaping unless you stop smoking cigarettes completely.

I have never smoked, should I start using a vape?

No. Nicotine vaping is not risk-free so they should never be used by people who do not smoke. However, as vaping poses a small fraction of the risks of smoking, they are a safer and effective tool for quitting smoking.

What is e-liquid made of?

E-liquids contains nicotine (though not always), propylene glycol, glycerine, and flavourings. What goes into e-liquids made in the UK is heavily regulated, and our products are of the highest quality which comply with current regulations.

Is the nicotine inside e-liquids dangerous?

No. The e-liquid on the UK market is below 2.0 per cent nicotine strength. Recently several bodies including Action on Smoking and Health (ASH) and the Royal Society of Public Health (RSPH) called for more to be done to ensure the public understand that nicotine is 'not the deadly component in cigarettes.' The National Institute for Health and Care Excellence (NICE) and the Medicines and Healthcare products Regulatory Agency (MHRA) have ruled that long term use of nicotine is not detrimental to the health of the user.

Is vaping around others dangerous?

No. Smoking and vaping are not the same, and they don't carry anywhere like the same risk. The Royal College of General Practitioners has said: "There are no identified hazards to bystanders."

As a precaution, it is best not to vape around babies and children if you can avoid it. Young children often copy what adults do. Be considerate when vaping around anyone else, especially people with health conditions like asthma who might be more sensitive to vape aerosol.

Who supplies Livewell's vapes?

Currently we use two suppliers – Totally Wicked and Liberty Flights. See below for more information and 'how to use' videos:

Totally Wicked

Product/Device: Skope Air

e-liquid: Switz Liquid

Website: www.totallywicked.co.uk (includes Live Chat support)

Customer helpline: 01254 692244

[Tutorial video for how to use the Skope Air device](#)

Liberty Flights

Product / Device: Aspire Minican +

e-liquid: XO liquid

Website: www.liberty-flights.co.uk

Customer helpline: 01254 874928

Email: support@liberty-flights.co.uk

Are the vapes offered by Livewell regulated?

Yes. The products we offer are from reputable suppliers who are covered by UK safety and quality regulations.

For smoking cessation claims to be made about a vape they must be licensed as medicines by the Medicines and Healthcare products Regulatory Agency (MHRA). All other vapes are regulated as consumer products and must adhere to the regulations set out by the TPD.

How do I choose the right vape/e-liquid?

Livewell offers two types of rechargeable devices along with e-liquids for up to 10 weeks.

Your advisor will guide you in choosing the right strength of nicotine in your e-liquid, which will depend on how much you smoke and other factors.

Can I use Nicotine Replacement Therapy (NRT) products such as patches and vapes at the same time?

Yes, possibly. Nicotine patches supply a slow release of nicotine which combined with a top up from a vape could help some clients manage cravings better. Based on your circumstances, the Livewell advisors will discuss this with you at your first appointment.

Where can I collect stop smoking treatments?

Smokers who have had their first telephone appointment with Livewell can collect the treatment(s) agreed by their advisor from a Stop Smoking drop-in. This includes NRT products, vape starter kits and top up e-liquids, atomizers and pods. You can also get friendly support and advice from our trained advisor team.

Don't forget to bring a valid ID (under the Challenge 25 policy) and be prepared to give a Carbon Monoxide test.

You can find a list of [drop-ins on our website](http://www.livewellderby.co.uk/resources) – www.livewellderby.co.uk/resources

How will Livewell know if I am a smoker?

When collecting your vape starter kit at a Stop Smoking drop in, you will be CO (carbon monoxide) tested by an advisor to determine you are a smoker. At subsequent drop-ins, you will be CO tested to ensure you are maintaining your quit.

Are vapes available to everyone?

No, vape products are only offered to anyone aged 18 and older. It is against the law in England, Scotland and Wales to provide e-cigarettes to anyone under the age of 18.

Under the Challenge 25 policy, anyone picking up vape starter kits or their consumables, who appears to be below 25 will be asked to provide an accepted form of ID to verify they are aged 18 or over. Parental/carer consent is not acceptable.

What counts as a valid ID?



'Proof of age' documents specified by law will satisfy the purpose of the age verification policy. Acceptable forms of ID which must be a physical copy (not a photo on a phone), include:

- (i) A current valid passport (not expired)
- (ii) A current valid European Union photocard driving licence or provisional licence (not expired)
- (iii) A Ministry of Defence Form 90 (Defence Identity Card)
- (iv) A photographic identity card bearing the national Proof of Age Standards Scheme (PASS) hologram
- (v) A national identity card issued by another European Union member state or Norway, Iceland, Liechtenstein or Switzerland
- (vi) A Biometric Immigration Document.

For how long will I receive free treatments and support?

Livewell provides a free vape starter kit and up to 10 weeks' supply of e-liquid and replaceable pods/atomizers. If your advisor has recommended NRT patches alongside a vape, then you will receive both products for four weeks and your choice of one of them for the remaining six weeks.

Conditions apply for how many times you can receive the kit and e-liquid if you relapse and start smoking again (see below).

Starter kits contain up to two weeks' supply of e-liquid. You can collect top-up e-liquids from our Stop Smoking drop-ins (listed on www.livewellderby.co.uk) every fortnight. Patches are also available in two-week batches.

How do I stop vaping?

Your advisor will discuss reducing the nicotine strength of your e-liquid over the 10 weeks so you can stop vaping altogether. If you need longer than 10 weeks, you can choose to buy e-liquid and still receive behavioural support from our advisor team for up to 12 months.

The ultimate goal is to achieve a successful and lasting quit attempt, so you don't return to smoking cigarettes.

What happens if I relapse?

Livewell clients will only be given one vape device/starter kit in a rolling 12-month period. It is particularly important you keep hold of your device in case you want to have a second attempt at quitting.

How many times can Livewell help me stop smoking using vapes?

You have a maximum of two attempts with the Livewell service in a rolling 12-month period to help you to stop smoking using a vape. The advisors may offer you behavioural support only and alternative treatments depending on your circumstances if you exceed this.

People use vapes more frequently than cigarettes – that must be worse?

It is normal to vape more frequently but for less time than you might smoke a whole cigarette.

Each puff on a vape carries a small fraction of the risks of a puff on a normal cigarette.

Vaping is different from smoking in the way it delivers nicotine to the brain. With smoking, you get a very quick hit in a brief time. When vaping, it takes longer for nicotine to reach the brain and you may need to "sip" on your vape more frequently to keep nicotine cravings at bay.

Are there any side effects caused by vaping?

Common side effects of vaping include:

- Coughing, dry mouth and throat
- Mouth and throat irritation
- Shortness of breath
- Headaches

If you experience side effects from vaping, get advice from your advisor before you decide to stop using a vape as your quit smoking tool.

Does vaping cause 'popcorn lung'?

No. The disease was found in a group of factory workers exposed to a chemical (diacetyl) used to flavour popcorn.

Diacetyl is contained in cigarette smoke, but it is banned as an ingredient in UK-regulated nicotine vapes and e-liquids.

Are vapes safe to use in pregnancy?

Little research has been conducted into the safety of e-cigarettes and e-liquids in pregnancy. It is not known whether the vapour is harmful to a baby in pregnancy.

If you're pregnant, licensed nicotine products such as patches and gum are the recommended option to help you stop smoking.

Currently, Livewell will not be offering vapes to pregnant smokers.

Are vapes a fire risk?

There have been instances of vapes exploding or catching fire. As with all rechargeable electrical devices, the correct charger should be used, and the device should not be left charging unattended or overnight. The correct charger and cable will be provided by Livewell along with your device in a starter pack.

Make sure you read and understand the manufacturer's recommendations for use and care of your device.

Safety advice – Remember to keep vapes and e-liquids out of reach of children and pets, as there is a risk of poisoning if nicotine is swallowed.

Where and how do I dispose of my device?

You can return your old device back to a Livewell Stop Smoking drop-in (see list on our website: www.livewellderby.co.uk) and we will send it for recycling safely on your behalf.

Alternatively, take your vape(s) to your nearest household recycling centre. They'll treat your vaping device as Waste Electrical and Electronic Equipment (WEEE) and will be able to recycle it accordingly.

You should not put vapes, disposable or rechargeable into the general waste or recycling bin.

What should I do if my vape breaks/isn't working correctly?

Attend a [Livewell vape collection drop in](#) ASAP and speak to an advisor who will support you with the issue.

You can also get support from our vape suppliers:

Totally Wicked

Product/Device: Skope Air

e-liquid: Switz Liquid

Website: www.totallywicked.co.uk (includes Live Chat support)

Customer helpline: 01254 692244

[Tutorial video for how to use the Skope Air device](#)

Liberty Flights

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e-liquid: XO liquid

Customer helpline: 01254 874928

Email: support@liberty-flights.co.uk

Where can I find out more about vaping myths and facts?

[Visit the NHS Better Health website.](#)

Glossary of Terms

Term	Meaning
Atomiser	An electrical component that turns e-liquid into a vapour. This is commonly referred to as a coil.
Airflow	The amount of air that is sucked in with each drag. Looser airflows usually result in more vapour while tighter airflows produce less but leave a more intense flavour. The amount of airflow can change your experience of vaping.
Aerosol	Also known as vapour which is created by the vape when the e-liquid is heated. This allows you to inhale the nicotine (if the e-liquid contains it).
Automatic	A term used to describe a vape that doesn't have a button. The device recognises when the user draws on the device.
Battery	The battery is the main part of a vape. This term refers to vapes that don't have a replaceable battery as they charge

	up manually or cannot be used once the power has run out.
Clearomiser	A combined cartridge and atomiser, this is usually transparent and allows vapers to measure the e-liquid level.
Coil	The essential component in the atomiser that heats or vaporises the e-liquid.
E-liquid	A solution that usually contains nicotine, propylene glycol and vegetable glycerine. You can get liquids that don't contain nicotine.
LED	The light on the vape glows when it's in use. These lights can also indicate battery life (Skope Air)
Mods	A type of vape that is made up of separate components.
Starter Kit	A starter kit is the basic, overall package with all the essentials needed to start vaping.
Tanks	Refers to bigger clearomisers that can hold larger amounts of e-liquid.
Vape/vaping	The act of using a vape (electronic cigarette) - a person who vapes.

Contact information

<p>Livewell Customer Contact Team 01332 641254 Email: livewell@derby.gov.uk</p>	<p>Leisure Centre contact numbers Derby Arena – 01332 640011 Springwood Leisure Centre – 01332 640333</p>
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<p>Livewell Advisor phone numbers Sourma Alam – 07747 473184 Casey Baxter – 07553 555679 Shaun Benning – 07812 302050 Gemma Brooks – 07812 300295 Niamh Cripps – 07990 415497 Mark Dolman – 07812 301991 Kirsty Freeman – 07824 587319 Becky Gilbert – 07796 993414 Stuart Hunt – 07795 516346 Yasmin Marks – 07780 225744 Aimee Roberts – 07812 302003 Louise Sharrock – 07812 302015 Andy Varney – 07553 555202 Joe Wilkinson – 07812 302054 Emma Winchester – 07796 557213</p>
