

## Livewell Stop Smoking FAQs

### What to expect from your appointment

**First appointments are over the telephone and last around 30 minutes.** If you require an interpreter, one can be provided (if a family member or friend cannot assist you) but please let us know beforehand by emailing/calling our Customer Team (details at the bottom of this document).



Your friendly advisor will discuss your smoking patterns/history and advise you on dealing with cravings. It's best to be as honest as possible as this allows your advisor to guide you through the process more easily and help you pick the most appropriate treatment plan. Please bear in mind this is about you and your health, so have a good think about why you want to quit and what you can do to help prepare yourself. For example, you may wish to start a new hobby/project or have a spring clean, these are good things you can do to distract yourself from wanting to have a cigarette.

Your appointment provides you with the opportunity to ask as many questions as you need to. You should walk out with a clear idea of what to do next. If you are still unsure, then you should speak to your advisor.

There may be times when your quit attempt does not go to plan. This is when communication with our advisor team is crucial - we may be able to help you get back on track. If you're struggling to reach your advisor, you can attend a Stop Smoking drop in (see details further down this document) or email/call Livewell's Customer Team.

**If you are more than 5 minutes late for your appointment, you will need to re-book.** This is due to time constraints (there may be another appointment straight after yours). This decision is at the advisor's discretion and will be based upon how many appointments he/she has booked. Missed appointments cost the Livewell service £30 on average so please take this into consideration.

Please let us your advisor know by call/text/email if you cannot attend your regular clinic with as much notice as possible. Failure to attend appointments three times or more will result in removal from the programme.

### Stop Smoking Drop-ins

Clients can get regular support and pick up NRT products at our Stop Smoking Drop-ins at venues across the city. The latest timetable is available on [our homepage](#).

Our friendly team is on hand for a chat offering lots of practical advice, quitting tips and crave-beating encouragement to help you stay focussed and quit for good.

We also offer a range of Health Hub drop-ins where you can get weighed and ask any questions about your fitness, healthy eating or general wellbeing. Details of these can be found in our Client Activity Programme on the [Livewell homepage](#).

**Drop-in appointments typically last 5 - 10 minutes.** Due to the shorter time available and nature of these meetings, they should be used for a quick catch up or to ask questions. Unfortunately, we cannot give longer appointments and you may need to wait as they aren't bookable in advance.

### Other help

If you require a counselling service then we will be happy to signpost you to the appropriate service. Our advisors are specialists in stopping smoking and weight management and are not trained to help with other health issues such as alcohol or drugs. If there are other health issues you want to discuss then you may need to seek specialist help from the appropriate professionals. If you are unsure, then please speak to the advisor and they will clarify this for you.

## What is a Carbon Monoxide (Co)?

Carbon Monoxide is a colourless, odourless, tasteless gas produced by incomplete combustion of organic material. It is also produced by cigarettes burning.

## Why do we carry out carbon monoxide tests?

Tests provide visible proof of the harm smoking can cause especially with the absence of ill health. It also measures how much Co a client is currently absorbing. For most people this gives extra motivation and for others it may help manage certain health problems. Bear in mind everybody's carbon monoxide levels are different day to day. Sometimes this may be due to smoking or it may be carbon monoxide from other sources for example, the atmosphere or traffic fumes.

## What is a normal reading?

Anything around 1-6 is considered normal for a non-smoker's reading (1-10 in certain circumstances). Don't worry if your first reading is a little higher – this is to be expected while you are still smoking. Once you have quit, we expect your level to drop to that of a non-smoker. Therefore, if you are using NRT we expect it to decrease at your second session. Your advisor will normally take a test each week to compare readings on a weekly basis.

## Why can't I just cut down?

It's important that you are ready to stop smoking and set a quit date when you access our services. Unfortunately, due to the way we are funded, we cannot support clients who want to quit by cutting down. If you want to cut down as part of your quit attempt, we recommend joining Livewell at the point you are ready to stop smoking. If you continue to smoke and use NRT your advisor will ask you to leave the programme.

## What is Nicotine Replacement Therapy (NRT)?

NRT gives you some of the nicotine that you would have received from cigarettes, but without all the harmful stuff like tar, cyanide and carbon monoxide. NRT has been used by millions of smokers to help them stop. A full course of treatment lasts for 10 weeks, but because NRT is so much safer than smoking, it can be used for longer periods if it helps you to not smoke. However, this needs to be discussed and agreed with your advisor.

## Which NRT is right for me?

All licensed nicotine-containing products are effective treatments to help you stop smoking, but you may wish to seek advice from your Livewell advisor, pharmacy team or GP to help you decide which is right for you. No single NRT product is better than any other and there are a number of options. As NRT gives you a lower dose of nicotine than you get from cigarettes, many people use the patch to give a background dose of nicotine and one of the other products to top this up.

Also remember that a full course of NRT can last for 10 weeks (depending on the type you are using) so it is important you stick with it! However, if one type of NRT doesn't work for you, or if you experience any problems or have any questions, talk to your advisor.

## carbon monoxide breath test



## how much carbon monoxide is in my lungs and blood?

### Good news

When you stop smoking the level of carbon monoxide in your blood falls almost immediately.

My CO reading is: \_\_\_\_\_



For your own personal safety, it is imperative that you follow your advisor's NRT instructions. If you fail to follow the instructions given to you, you may be asked to leave the programme.

## **Nicotine patches**

Nicotine patches work well for most regular smokers and can be worn round the clock (24-hour patches). They work by releasing nicotine directly into the bloodstream through the skin.

The 24-hour patch may cause some sleep disturbance but is helpful for people who have strong cravings during the early morning.

Patches also come in different strengths. Whichever strength you start on, you should aim to gradually reduce the dosage over time before stopping the use of patches completely, this is normally between 8 and 12 weeks. Livewell can only prescribe for 10 weeks maximum and dual therapy is given at your advisor's discretion for the first 4 weeks only for all NRT.

Patches are useful for those who are concerned about discretion (they can be worn easily beneath clothing) or dislike the taste of the oral products. They release a steady amount of nicotine. They may cause skin irritation for some people. Sometimes people may also have very vivid dreams. In worst cases if your patch strength is too high or you smoke and use the patches you may experience a nicotine overdose which may cause dizziness, sweating and other unpleasant side effects. If this happens you will need to speak to your advisor ASAP.

## **Nicotine gum**

Gum is available in two strengths: 2mg and 4mg. The 4mg gum is most appropriate for smokers who smoke more than 20 cigarettes a day, or who are strongly addicted to nicotine. However, most people can only tolerate the lower dosage. If you are unsure, please speak to your advisor.

When you use nicotine gum, the nicotine is absorbed through the lining of your mouth. When you first quit you can chew about one piece of gum every hour. To release the nicotine from the gum, chew until the taste becomes strong or hot. After this you can rest the gum inside your cheek. Once the taste or heat fades you will need to chew again to release more nicotine. Discard the gum once the taste from chewing has faded (after 20 to 30 minutes).

Gradually you can begin to cut down on the amount of gum you use. Try chewing for shorter periods, using smaller pieces of the lower-dose gum or alternating with a non-nicotine gum.

Gum can be helpful because it provides short bursts of nicotine. However, some people dislike the taste and habitual users of ordinary chewing gum may find it difficult to get used to having to 'park' the gum in their mouth. As with any of the oral products you should not drink any fluids 15 mins before or after a piece of gum otherwise you experience hiccups, heartburn, and chest pains. If you suffer from acid reflux then any oral product may make this worse. If in doubt speak to your advisor.

## **Lozenges**

Lozenges are placed in the mouth and dissolve slowly to release nicotine. They take about 20 to 30 minutes to dissolve.

Nicotine lozenges work in a similar way to nicotine gum. To release the nicotine from the lozenge, suck until the taste becomes strong or hot. After this you can rest the lozenge inside your cheek - once the taste fades you will need to suck again to release more nicotine. Suck until the lozenge has completely dissolved - each one should last 20 to 30 minutes.

You should use lozenges for about 8 to 12 weeks. For weeks 4 to 6 you could have one lozenge every one to two hours. You could then reduce your intake to one lozenge every two to four hours, finally reducing to once every four to eight hours in the last two weeks of treatment.

Lozenges are helpful because they provide short bursts of nicotine. Lozenges should not be used by people with mouth ulcers.

## **Mouth spray**

The QuickMist mouth spray is a great way to get instant relief from nicotine cravings. The spray delivers a minty nicotine hit within sixty seconds of use, meaning you can stay in control of your cravings.

The spray comes in a small bottle and is handy to keep in a pocket or handbag for those sudden cravings. It contains enough for around 150 doses of nicotine. Livewell normally supplies this in a dual pack.

To use the spray simply spray under the tongue or the inside of your cheek. Do not inhale the spray or spray the back of your throat. Do not drink anything immediately after using the mouth spray (waiting 15 minutes is usually OK).

If you have asthma, be careful with your first few sprays as it can cause you to catch your breath.

It is recommended that if you want to try using mouth spray that you use it as part of an 8-week programme.

You can use it alongside other products, but you can also use it as and when you need it to satisfy those cravings.

The speed of the delivery from a spray makes it popular with users. A cigarette starts to deliver nicotine within seven seconds of smoking – the spray delivers nicotine in less than sixty seconds.

## **What are E-cigarettes?**

An e-cigarette is an electronic device that delivers nicotine in a vapour. This allows you to inhale nicotine without most of the harmful effects of smoking, as the vapour contains no tar or carbon monoxide.

Based on the current evidence, vaping is likely to be at least 95% less harmful than smoking as it doesn't contain carbon monoxide or tar, two of the most harmful elements in tobacco smoke.

Vaping in the UK is heavily regulated. The primary regulation for vape products in the UK is the Tobacco and Related Products Regulations 2016. These regulations impose legal requirements on companies to test devices and liquids and to notify the results to the authorities. Research has found that e-cigarettes can help you give up smoking. As with other approaches, they're most effective if used in conjunction with support from a Livewell stop smoking advisor.

At present, there is no e-cigarette product licensed as a medicine and available for prescription on the NHS. That means that Livewell cannot prescribe any form of e-cigarette but can support clients who use one as a way to quit.

For now, if you want to use an e-cigarette to help you quit, you'll have to buy one. Costs of e-cigarettes can vary, but generally they're much cheaper than cigarettes. Livewell recommends choosing a supplier, which is a member of the Independent [British Vape Trade Association](#)

## What else does Livewell offer to support my quit attempt?

### Free Livewell activities

Keeping active and healthy can help you keep on track with your quit attempt. So, we offer a whole host of free activities for our stop smoking clients. Increasing your physical activity can also have huge health benefits including lowering your blood pressure and your risk of certain diseases. We deliver activities across the city in community buildings, leisure centres and parks, which take place at a variety of times including evenings and Saturday mornings.

Our friendly activities include Boxwell, Circuits, Bootcamp, Cycling, led walks, C25K and gender-specific activities such as DanceFit for women.

For clients that have certain medical conditions or those that haven't been active for a while, we offer a personalised prescription of activities to ensure that clients safely achieve their goals. For a full list of activities, visit our Livewell activity programme on [our homepage](#) and get booked on. Remember, to check back often as we add new sessions and make seasonal changes.

### Leisure membership (Terms and Conditions Apply)

Once you are 8 weeks smoke free, you can be considered for a free leisure membership at Derby City Council leisure centres for the remaining time you have on Livewell (up to 10 months). You will be asked to provide a Carbon Monoxide reading periodically (usually every 3 months). If your reading is over the non-smoking threshold then your membership will be cancelled without any notice. If in doubt, please discuss with your advisor.

### Lose Weight Feel Great course

We understand that keeping weight under control when quitting can be tricky. That's why we offer free places on our popular Lose Weight Feel Great 6-week course to all our smoking clients. This practical and fun course is made up of weekly one-hour sessions focusing on key topics relevant to losing weight and keeping it off for good! Content is based around nutrition, healthy eating, physical activity and behaviour. Look at the Client Activity Programme on the Livewell [homepage](#) for course dates, times and venues or email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

### Livewell social media

Our social media community is growing every day and our clients tell us they love the motivation they get from our posts and indeed the shared content from other clients. It's a really good way to keep motivated and stay on track so we highly recommend you join our [Facebook](#) and/or [Twitter](#) page. As we post daily updates, events, programme changes and cancellations, it's also the best way to keep up to date with Livewell news as it happens. And evidence shows that when changing lifestyle behaviours like stopping smoking, the more people you tell, the more likely you are to succeed so make sure you post, like and share as much as possible!

### Contact Information

#### [Livewell website](#)

For programme information and to apply/register to lose weight, stop smoking or get an NHS Health Check.

#### [Resources page](#)

For client resources, activity programmes, Stop Smoking Drop-ins, recipes, Wellness membership.

#### [Livewell NHS Health Check page](#)

To book a 30-minute Health Check appointment (for ages 40 – 74).

### [Livewell Facebook](#)

For client success stories, up to date news, motivation, tips and advice.

### [Livewell Twitter](#)

For client success stories, up to date news, motivation, tips and advice.

### [Smokefree Facebook Support Group](#)

Better Health offers this free group for quitters to support each other.

**Livewell Customer Contact Team** – 01332 641254 or [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

For general enquiries about Livewell or if you can't reach your advisor.

### **Advisor phone numbers**

Gemma	Brooks	07812300295
Andy	Gunter	07812302050
Andy	Varney	07553555202
Casey	Baxter	07553555679
Cathy	Jephson	07812302026
Kirsty	Freeman	07824587319
Lauran	Lang	07796993414
Louise	Sharrock	07812302015
Joe	Wilkinson	07814237155
Stuart	Hunt	07795516346
Yasmin	Marks	07780225744
Niamh	Cripps	07990415497
Mark	Dolman	07812301991