



EXTRA SUPPORT

Get face to face support from Livewell's friendly advisors at a Stop Smoking drop-in where you can also pick up e-liquids, pods and atomizers.

Find venues, dates and times as well as helpful FAQs about vapes and vaping on the Livewell website.

For further help and advice about your device contact the trained staff at Liberty Flights or Totally Wicked.

“ *Almost two thirds of people who use a vape along with support from their local stop smoking service successfully quit smoking.* ”

CONTACT DETAILS



Liberty Flights (Aspire Minican)
Client helpline: 01254 874928
email support@liberty-flights.co.uk



Totally Wicked (Skope Air)
Client helpline: 01254 692244
email info@totallywicked.co.uk
Live chat



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USING A VAPE TO STOP SMOKING



livewell

USING A VAPE

Using a vape is a bit different to smoking a cigarette. The harder you draw on a cigarette the more smoke you get. Many people draw too hard on a vape, or for too short a time, and find it makes them cough. It doesn't have to. Try this 4 step technique:

1. Close your lips around the mouthpiece, ensuring there are no air gaps either side.
2. Press the power button (on the Skope Air only) and draw gently for up to 4 seconds, filling your mouth with vapour.
3. Take the vape out of your lips and inhale the vapour with your mouth slightly open.
4. Breathe out slowly. You should not cough, and will see very little vapour come out of your mouth.

Most vapers 'graze' (using their vape more frequently) than they smoked but for a much shorter duration than smoking a whole cigarette. The nicotine buzz is also slower than a cigarette so be patient. If you feel you are using your vape constantly then you may need to consider increasing the nicotine strength of your e-liquid or using another nicotine product such as a patch alongside your vape, as these give ongoing support by releasing nicotine slowly. Speak to your advisor for guidance.

SKOPE AIR



Prime the atomizer before first use

Put a few drops of e-liquid onto the cotton and mesh material. Insert the atomizer into the pod.

How to fill

Undo the rubber stopper on side of the pod and squeeze in your e-liquid. Reseal the hole. Leave the filled pod for 4-5 minutes before use (first use only).

How to vape

Turn on with 5 quick clicks of power button. Simply inhale or hold button down. Turn off with 5 quick clicks. Always ensure pod contains liquid before vaping. Recharge the battery when the LED colour (behind power button) changes to red.

When to change the atomizer

When the taste changes (you can't taste the flavour or it tastes burned and dry), or when the device is charged but is not producing vape. Ensure the device is empty of e-liquid and prime the atomizer before use.

ASPIRE MINICAN



How to fill

Simply open the rubber base and squeeze in your e-liquid.

How to vape

No buttons to press. Simply inhale. Always ensure pod contains liquid before vaping. Recharge the battery when it stops working indicated by several flashes.

When to change the pod

When the taste changes (you can't taste the flavour or it tastes burned and dry), or when the device is charged but is not producing vape. Simply insert a new pod.

Top Tip - have a dry tissue on hand when filling up your vape for the odd spill. Liquid sometimes builds up under the pod, so use the same tissue to clean the unit every so often. See separate instruction manual in your kit (for both devices) for more information.

WORRIED ABOUT TOO MUCH NICOTINE?

It's very difficult to achieve an accidental overdose but if you do consume more nicotine than you are used to, you might feel a little nauseous or lightheaded, both of which pass quickly once you stop using your vape. If this happens regularly try using your vape less often or reducing the level of nicotine in your e-liquid.

Talk to your advisor to ensure you're keeping your cravings well under control.