

SYMPTOMS OF QUITTING

Symptom	Effect on body	Coping strategy
Craving	Intense desire to smoke declines over 4 weeks.	Consider pharmacotherapy, brief distractions eg 4D's: drink water, deep breathe, do something else, delay urge to smoke. Ring the Quitline 131 848.
Coughing Hunger	Worse initially body clearing respiratory tract. Possibly intense, may persist.	Settles after first 2-3 weeks. Start regular exercise program. Eat sensibly, but no serious dieting until a less stressful period. Moderate alcohol consumption.
Bowel upsets Sleep disturbances Dizziness Mood alteration	Possible constipation or diahorrea. Sleep patterns altered, insomnia or tiredness Caused by improved tissue oxygenation. Reflections of grief and (mainly) nicotine withdrawal on neuro transmitters.	Settles over 2-3 weeks. Settles over 2-4 weeks. Passes spontaneously. Consider pharmacotherapy. An old support system has been lost, find new ways to handle stress, eg talk to a friend. Transient mood, returns to normal after 4 weeks.