

SUCCESSFULLY

Managing Withdrawal Symptoms

SYMPTOMS	CAUSE	DURATION	RELIEF
Chest tightness	Tightness is likely caused by tension created by the body's need for nicotine or muscles that are sore from coughing.	A few days	<ol style="list-style-type: none"> 1. Use relaxation techniques. 2. Try deep breathing. 3. Use of NRT might help.
Constipation, stomach pain, gas	Intestinal movement decreases.	Up to 2 weeks	<ol style="list-style-type: none"> 1. Drink plenty of fluids. 2. Add fruits, vegetables and whole grain cereal to your diet.
Cough, dry throat, nasal drip	The body is getting rid of mucus, which has blocked your airways and restricted breathing.	A few days	<ol style="list-style-type: none"> 1. Drink plenty of fluids. 2. Go back to number one, and do that more!
Craving for a cigarette	Nicotine is a strongly addictive drug, and abstinence causes cravings.	Frequent for up to 3 days; can happen for months of years	<ol style="list-style-type: none"> 1. Avoid additional stress the first few weeks. 2. Wait out the urge — it will only last a few minutes. 3. Distract yourself. 4. Exercise or take walks.
Difficulty concentrating	The body needs time to adjust to not having constant stimulation from nicotine.	A few weeks	<ol style="list-style-type: none"> 1. Plan workloads accordingly. 2. Avoid additional stress the first few weeks.
Dizziness	The body is getting extra oxygen.	1 to 2 days	<ol style="list-style-type: none"> 1. Use extra caution. 2. Change positions slowly.
Fatigue	Nicotine is a stimulant.	2 to 4 weeks	<ol style="list-style-type: none"> 1. Take naps. 2. Do not push yourself. 3. Use of NRT might help.
Hunger	Cravings for a cigarette can be confused with hunger and result from oral cravings or the desire for something in the mouth.	Up to several weeks	<ol style="list-style-type: none"> 1. Drink water or low-calorie liquids. 2. Be prepared with low-calorie snacks.
Insomnia	Nicotine affects brain wave function and influences sleep patterns. Coughing and dreams about smoking are common.	1 week	<ol style="list-style-type: none"> 1. Avoid caffeine after noon (12 p.m.). 2. Use relaxation techniques.
Irritability	The body's craving for nicotine can produce irritability.	2 to 4 weeks	<ol style="list-style-type: none"> 1. Take walks. 2. Try hot baths. 3. Use relaxation techniques.

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