



HOW TO BREAK UP WITH YOUR VAPE

OR CIGARETTES OR NICOTINE
OR WHATEVER

One of our goals at UNCW is to promote wellness, and this may include assisting you with nicotine cessation (i.e. cigarettes, e-cigs, hookah, chewing tobacco etc.).

Even if you are not ready to take this big step at this time, we encourage you to explore nicotine use cessation options with a healthcare professional and how nicotine impacts your wellness.

Many insurance companies will cover the cost of tobacco cessation prescription medications, although co-pays and deductibles may apply.

The staff at Student Health Pharmacy will be happy to answer any questions about the cost of your medications.

Without a prescription, over-the-counter nicotine patches and gum are available at any community pharmacy.

Important considerations include (1) Preference, (2) Experience with Pharmacologies, and (3) Personal Factors.

FDA-Approved Pharmacologies Recommended for Nicotine

- nicotine gum
- nicotine lozenge
- nicotine inhaler
- Bupropion (SR, XL, Zyban)
- nicotine nasal spray
- nicotine patch
- Chantix

*Many people need a combination of nicotine replacement medication (i.e. nicotine patch) and an oral medication such as varenicline or bupropion. Short-acting nicotine replaces medications such as lozenges or gum and may be used in addition to the longer acting medications.

If you are ready to take the first step, it is our recommendation that you consult a healthcare professional about your specific change plan.

RESOURCES

UNCW Student Health Services
<https://uncw.edu/healthservices/>
(910) 962-3280

Web Coach Program
www.quitnow.net

Apps
<https://quitsmokingcommunity.org/the-6-best-quit-smoking-apps/>

Quitline NC

1-800-QUIT-NOW
(1-800-784-8669),
TTY 1-877-777-6534
Interpretation
services available for
many languages