



MY TOBACCO FREE ACTION PLAN

NAME _____

DOB _____

MRN _____

Date started Nicotine Replacement Therapy: _____

Target Stop Smoking Date: _____

Tobacco use is more than a habit. It's an addiction

GREEN ZONE

I FEEL GREAT!

- I'm not craving tobacco. I feel calm. I feel my brain can focus normally.
- I'm using daily Medication to control my nicotine withdrawal:
 - Nicotine Patch _____
 - Nicotine Gum _____
 - Nicotine Lozenge _____
 - Other Medication: _____

YELLOW ZONE

I'M NOT TOO CALM!

- I'm craving tobacco. I feel irritable, anxious, and restless.
 - It's hard to get my brain to focus.
- Take RELIEF nicotine replacement medicine
- Take Nicotine Gum or Lozenge, ___ mg, every 30 minutes as needed.
 - Other _____
 - Continue Green Zone every day medication
 - When I start to feel these withdrawal symptoms, I will: _____

RED ZONE

I NEED HELP!

- I'm feeling strong cravings for Tobacco. I need a cigarette NOW
- It's hard to get my brain to focus. I am very anxious and angry.
- Need a rescue? Take RESCUE nicotine replacement medicine
 - Take Nicotine Gum or Lozenge, ___ mg, every 20 minutes as needed.
 - Other _____
 - Continue Green Zone every day medication
 - Talk to your doctor – you may need a stronger medicine

IF YOU ARE IN THE RED ZONE, CONTACT YOUR PHYSICIAN, NURSE, PHARMACIST, OR CALL 1-800-QUIT NOW (1 800 784 8669) FOR HELP.

HELPFUL MEDICATION TIPS:

- ✓ If you feel sick in your stomach, you might be getting too much nicotine or you may be swallowing nicotine. Talk to your doctor.
- ✓ If you have trouble sleeping with the Nicotine Patch, remove the patch before bed.
- ✓ Do not stop taking your meds! Tobacco treatment medications are safe to use – even if you had a slip and smoked a cigarette (ALTHOUGH YOU MAY FEEL LIKE YOU OVER SMOKED).
- ✓ If you are in your Green Zone for more than 6-8 weeks, talk to your doctor about whether you can use less medicine and stay comfortable.
- ✓ If you need RESCUE meds more than 4-6 times a day, talk to your doctor. Your Green Zone plan may need to be changed. You may need stronger medicine.

QUESTIONS?

- 24/7 Texas Children's Health Plan Nurse Helpline: 1-800-686-3831
- 24/7 Texas Children's Health Plan Behavioral Health Helpline: Medicaid/STAR: 1-800-731-8529; CHIP: 1-800-731-8528; STAR KIDS: 1-844-818-0125
- Member Services: Medicaid/STAR: 1-866-959-2555; CHIP: 1-866-959-6555; STAR KIDS: 1-800-659-5764

References:

1. American College of Chest Physicians (2010). Tobacco Dependence Treatment Toolkit. Retrieved from <http://www.chestnet.org/Search#q/q=tobacco%20dependence>