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: _________________________

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: _____________________

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 SMOKE).
- 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.