

TOBACCO CESSATION: What To Expect When Quitting Tobacco?

*Extracted from " **Journey 2 Quit** " - The Lung Association (Arranged by the Healthy Bahamas Coalition)*

Withdrawal Symptoms	Why you're feeling it	How long it lasts	How long it lasts What you can do
You want a cigarette – it's all you can think about.	Cess	Cravings are strongest in the first few days after quitting. People may have cravings months or years later.	Wait. Your strong craving will last a few minutes. Try another activity. Have a drink of water. Take a walk or call a friend.
You feel dizzy.	Your body is getting more oxygen now. This is good! But your body needs to get used to it.	1 or 2 days	When you get up from sitting or lying down, get up slowly.
You've got a dry throat, a cough, and/or post-nasal drip.	This is mucus that drips from the back of your nose into your throat. When you first quit, you might notice a lot of coughing and mucus. This is a good sign. Your lungs are clearing out the tar and dirt trapped inside. Help your lungs by allowing yourself to cough and bring it up.	A few days	Drink lots of water to thin out the mucus.
You have trouble sleeping.	Nicotine has affected your brain and sleep patterns. Your brain is changing to new sleep patterns.	1 week	Don't drink caffeine such as coffee or cola. When you're quitting, your body is more sensitive to caffeine. One cup of coffee may feel like five
You have trouble concentrating.	Your brain is used to getting a buzz from nicotine. Now it's learning to stay alert without nicotine.	A few weeks	Take lots of breaks if working on a task.
Your chest is tight.	You have tense muscles from nicotine cravings. You may have sore muscles from coughing.	A few weeks	Take some deep, slow breaths.
You have gas, stomach pain, and constipation.	Your bowels may move less often than before. This won't last forever. Give your body time to change. Your bowel movements will be regular again.	A few weeks	Drink lots of water. Eat high-fibre foods like fruits and vegetables.
You're in a bad mood. .	Your body craves nicotine.	2-4 weeks	Take a walk or do some exercise. Try to relax. Take a hot bath. Listen to soft music, stretch, or take a drive.
You feel tired and have low energy	Nicotine is a stimulant. It keeps your body and brain alert. Your body is now learning how to stay alert without nicotine.	2-4 weeks	Take a nap if you're tired. Don't push yourself.
You feel hungry.	Your brain is confusing a nicotine craving for hunger.	2-4 weeks	Eat healthy meals and snacks. Try crunchy snacks. like raw vegetables, pretzels, popcorn, and fruit. Drink lots of water. Chew sugar-free gum.