

# STAYING SWITCHED

## ADVICE FOR NEW VAPERS FROM OLD HANDS



**In our research we heard lots of useful advice from people just like you who quit smoking by vaping.**

These are some hints and tips to help you stay quit for good!

Remember that by giving up smoking, you've done the best thing you could for your health. Vaping isn't cheating – it's a much safer alternative to tobacco.

### Find the right device

There are hundreds of different devices available, but most people get on best with 'pen type' or 'box mod' devices.



### Experiment with flavours

Have fun experimenting with different flavours. They'll help keep vaping interesting and may make the taste of cigarettes less appealing.



## If you're unable to vape, consider alternative nicotine sources such as patches, gums or sprays.

### Cravings

You may sometimes find that you still feel like smoking a cigarette. A higher nicotine e-liquid can help fight those cravings.



### Vaping frequency

Some people worry that they vape more often than they smoked – but don't worry! Research shows that you will regulate your nicotine levels and won't become more dependent on nicotine than when you smoked.

### Out and about

If you have a particular trigger for smoking a cigarette, such as socialising or stressful events, consider using a higher nicotine e-liquid during these periods.



### Be prepared

If your device fails you may be vulnerable to having a cigarette. Make sure to have a 'back up' device, spare chargers, batteries and e-liquid just in case.

### If you have a cigarette...

If you have a lapse to tobacco smoking or 'dual use' for a time don't beat yourself up – our research shows that this doesn't necessarily mean that it will result in a full tobacco smoking relapse. Increase your nicotine strength, try a new flavour or treat yourself to a new gadget.



### Quitting vaping?

Inhaling nicotine by vaping e-liquid is much safer than inhaling tobacco smoke. If you do want to eventually stop using nicotine, don't try to reduce the nicotine content too fast. This leaves you vulnerable to cravings which might mean you go back to smoking.

Also, keep a back up e-cigarette handy just in case – it is better to relapse back to vaping than to tobacco smoking!

And remember, it should be your decision to quit – not anyone else's.

### Need more support?

Try your local vape shop, ask friends, or contact your local stop smoking service, who can support you in your attempts to quit smoking while you are vaping. For more advice, hints and tips, and an electronic copy of this leaflet, please visit:

[www.ecigaresearch.uea.ac.uk](http://www.ecigaresearch.uea.ac.uk)

Copies available to stop smoking services: [addiction.research@uea.ac.uk](mailto:addiction.research@uea.ac.uk)