



North
Somerset

Smokefree Support



Vaping to Quit Smoking: A Simple Guide

It can be easier to swap to a new healthier habit, rather than thinking about stopping something that you have been doing for a long time. Some smokers are worried about making the decision to stop because of fear of the unknown, maybe because they have tried in the past and not quite managed it, or for many other reasons.

Switching to vaping makes the process of stopping smoking tobacco much easier.

It may still be challenging to do, but with our support, making the swap is a practical option.



Smokefree North Somerset are working with a reputable supplier who have many years of experience of helping smokers switch to vaping. We are using a starter kit and e-liquids that have been designed to help many smokers make the swap.

However not all vapes are the same and you may need to try different ones before you settle on one that works for you, vapes are easy to purchase, so don't give up trying if the ones we provide don't work for you, speak to your local vape shop and get advice.



Watch this [YouTube video](#) on how to set up your vape.

Or scan the QR code with your phone camera.



Why vapes can be useful, effective and why they are so popular?



Vape provide nicotine, which is what your body is craving when you reach for a cigarette.



Vaping feels similar to smoking. Inhaling the vapour gives you a sensory response which many ex-smokers say they missed.



Vapes fulfil the hand to mouth action, a habit that is hard to break, and keeps your hands busy.



It's at least 95% safer than smoking¹

What is vaping like?

It's different to smoking

When you inhale hard on a cigarette, you produce more smoke, this does not work with vaping. Your vape needs time to produce vapour so longer, slower, and steady puffs work much better.

The hit of nicotine from a cigarette happens very fast, in seconds.

With vaping it takes a bit longer, but the hit lasts longer, so just wait a few minutes, you'll soon get used to it.



A bit more effort is required

Unlike tobacco & cigarettes, vapes do require a bit more effort.

You need to charge your device, replace parts such as the atomiser (also known as a coil) and top up your e-liquid.

It may seem easier to pop to the shop and slip back to smoking, but the extra effort will be worth it, for your health and pocket.



Which e-liquid should I choose?

Generally, the more you smoke the higher the e-liquid strength should be, Smokefree North Somerset are able to provide a limited selection of strengths and flavours.

No. of cigarettes/roll ups smoked	Suggested strength of e-liquid
1 - 5 a day	0.6% (6mg/ml)
5 - 15 a day	1.0% (10mg/ml)
15 - 20+ a day	1.6% (16mg/ml)

It is important you have enough nicotine to stop you relapsing back to smoking cigarette or tobacco. Nicotine is not the harmful ingredient in tobacco smoke, it is the tar and carbon monoxide that cause most of the damage, neither of which are in a vape.²



If you find you are still have cravings, then increasing your e-liquid strength and the amount you use is recommended.

Smokefree North Somerset can also supply Nicotine Replacement Therapy (NRT) such as patches alongside your vape, while you get used to the swap.



You can also decrease the e-liquid strength if you feel you are getting too much nicotine.

Talk to your advisor about how to go about increasing or decreasing e-liquid strength.

The range of e-liquid flavours that are available is vast and makes vaping quite enjoyable. Some vapers start out with tobacco flavour, but many move on to other flavours, when they have got used to vaping.

It's good to not buy too much of the same until you are sure what works for you.

Many find ice or menthol flavours can make for a smoother hit and make the transition to vaping easier. Nicotine salts e-liquids can often feel easier on the throat.



E-liquids are available in many outlets, we would recommend that if buying your own e-liquids that you go to reputable supplier.

The vapes we provide need the e-liquid to have a 50/50 ratio of propylene glycol (PG) to vegetable glycerine (VG), to help prolong the life of your vape.

How to vape

Vaping is different from smoking, so you have to use a vape slightly differently from smoking tobacco.

You may find you vape more frequently with softer puffs. At first some people will inhale too hard, which may make them cough, so we recommend **The 4 Step, 4 Second Technique**.

1 Close your lips around the mouthpiece, ensuring there are no air gaps either side.

2 Inhale gently on the vape, for 4 seconds, filling your mouth with vapour.

3 Take the vape out of your lips, and inhale the vapour with your mouth slightly open.

4 Breathe out slowly.

You should not cough, and will very little vapour come out of your mouth.



Watch this [YouTube video](#) for a beginners guide to vaping.



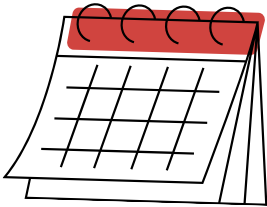
Vaping and Nicotine Replacement Therapy

You can use Nicotine Replacement Therapy (NRT), such as a patch alongside your vape and many people find this helpful with managing cravings.

Speak to your advisor for more information on the different types of NRT.



Swap to Stop date



We ask you choose a swap date within the first two weeks of receiving your vape and commit to not using any more tobacco after this date.

This gives you time to get used to using the vape before you swap for good.

Top tips on making the swap

There are things you can do help support your new healthier habit.



Make a list of all the reasons for swapping - keep it handy to remind you when you feel urges to smoke.



Recognise your triggers e.g. drinking coffee/alcohol, after eating or driving. Pre-empt these by using your vape regularly, carry extra e-liquids with you, and ensuring your vape is charged.



Set your swap date - tell friends & family, clear your home of items related to smoking



Remember the mantra: **NOPE** - **N**ot **O**ne **P**uff (of a cigarette) **E**ver.

You may experience...

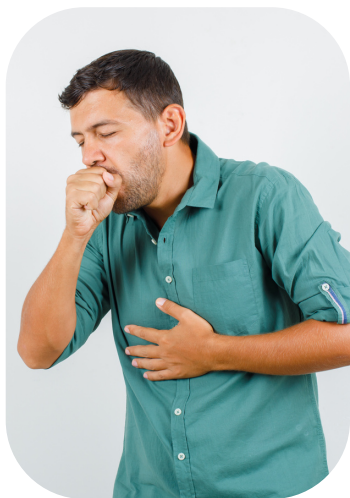


Image by 8photo on Freepik

Coughing

This is normal. The vapour you inhale can feel thicker than the smoke from smoking.

This change in sensation can cause you to cough at first, but it is temporary and will stop in a few days as you get used to the different sensation.

Dry mouth, nose and throat

This is also normal. The ingredients in the e-liquids can be drying, but you will get used to this and you may find drinking a little extra water in the first few days will help.

Cravings

Any cravings should pass within a few minutes once you have used your vape.

If you still have strong cravings, try using your vape more often, or increase the strength of your e-liquid.

Vapers tend to graze on their vape, little and often; rather than having a binge - which is what smoking is like.

Remember to use your vape as and when needed.



What next?



Do not lower your nicotine strength until you are sure you are ready.



If a high e-liquid satisfies your cravings, stay with it for as long as you need. For some people this can be over 12 months.



When you are ready, you can move down the liquid strengths



Finally trying a 0% nicotine and increasing the time between using your vape,

Finding an activity to occupy your hands can help and some people find exercise is a great way to combat cravings.

Get support

Stopping smoking is the single most important thing a smoker can do to improve their health. Our team at Smokefree North Somerset can help you achieve this goal.

All our advisors are experienced, specially trained (including training from the National Centre for Smoking Cessation and Training) and are experts in helping you to stop smoking.



Smokefree Support



Smokefree North Somerset



Free behavioural support for 12 weeks. This includes advice on changing your habits, nicotine addiction, NRT products and vapes, withdrawal symptoms and helping you to plan for success.



Free NRT such as patches and/or a vape and e-liquids for 12 weeks, to help you manage any withdrawal symptoms.



NRT sent to your local pharmacy for you to collect.



A letter to your GP for prescription medications when available.

In return we ask you to:



Commit to a swap date within the first two weeks of starting the support and agree to not smoke after this date.



Collect your NRT and use it.



Attend appointments either face to face or over the phone.



Tell let us know if you cannot attend an appointment.

How to contact us



Phone: 01275 546744



Text: HELP to 07860 025 750



Email: smokefree@n-somerset.gov.uk



Web: betterhealthns.co.uk/stop-smoking/



Supporting you to become smokefree

“Myself and Eddy would really like to thank you for your support during our journey to become a smokefree family!”

The vapes you’ve provided us with have been a great replacement for our cravings.

With your help we are proud to say we haven’t smoked tobacco for three months!

Tanya Erdoan & baby Matteo



Vaping myths busted!

Vaping is as harmful as smoking tobacco.

Over 75,000 people a year die from smoking in the UK, and smoking is still one of the biggest causes of death and disease in the UK.

While secondhand smoke is the leading risk factor for poor birth outcomes including miscarriage, stillbirth and sudden infant death syndrome and a significant cause of death and disability in children.

Over 500,000 admissions to hospital a year are caused by smoking, compared with 420 for 'vaping-related disorder'. In other words, there are over 1,000 hospital admissions due to smoking for every one admission linked to vaping.

Having a diagnosis of 'vaping-related disorder' shows an association with vaping, it does not specifically state that vaping is the cause of the disorder and does not consider any current or previous smoking habits or the harms from non-licensed vapes/e-liquids and from the vaping of illicit drugs³.

Switching to vaping is just swapping one addiction for another.

Switching to vaping does not involve swapping one addiction for another. It is nicotine that causes dependence, it is the same nicotine whether smoked, vaped or used as NRT³.

With vaping, there is no burning and therefore no tar, carbon monoxide and other harmful constituents that are inhaled from tobacco smoke³.

Vaping myths busted!

Vaping is more addictive than smoking.

You smoke because you are addicted to nicotine. When you switch to vaping you may remain addicted, but by vaping you are reducing your risk, and hopefully will not relapse back to smoking which is far more harmful⁴.

The same is true for licensed nicotine products (NRT), these products contain nicotine and are licensed by the Medicines & Healthcare Regulatory Agency (MHRA) to help people stop smoking and prevent relapse back to smoking.

The main reasons why ex-smokers vape, is to prevent this relapse⁴.

I'm vaping more than I used to smoke. It must be worse for me!

Vaping is different from smoking and nicotine is absorbed from the vapour differently to how it is absorbed from tobacco. As a result, people may feel like they are vaping more than they smoked.

This is because people who vape tend to graze on their vape, which allows them to maintain a constant level of nicotine to avoid going into withdrawal. People who smoke, on the other hand, binge on tobacco, with blood levels of nicotine going down in between cigarettes

Can I vape too much?

Yes, it's a bit like when you have smoked too much on a night out. However, the effects such as headaches, mild nausea, or dizziness are quite mild and pass very quickly. If this happens, stop vaping, and wait for it to pass.

If this happens every time you vape, it may be your nicotine strength is too high and you may want to try a lower strength liquid.

Vaping myths busted!

Vaping cause popcorn lung.

An ingredient called diacetyl has been linked to a rare condition, bronchiolitis obliterans, also known as 'popcorn lung'³.

Since 2016, the MHRA prohibited the use of any ingredient in nicotine containing e-liquid that poses a risk to human health, prohibited ingredients include diacetyl³.

This is why it is important to get your vaping liquids from a reputable supplier.

You can also check the vape and e-liquid you have purchase is compliant with UK regulators on the [MHRA website](#)



References

1. Public Health England (2015) *E-cigarettes around 95% less harmful than tobacco estimates landmark review* [press release] [Accessed 19.02.24] Available from: <https://www.gov.uk/government/news/e-cigarettes-around-95-less-harmful-than-tobacco-estimates-landmark-review>
2. NHS Better Health (no date) *Vaping myths and the facts* [Accessed on 19.02.24] Available from: <https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/>
3. NCSCT (2023) *Vaping: a guide for health and social care professionals* [Accessed 03.03.24] Available from: <https://www.ncsct.co.uk/library/view/pdf/Vaping-a-guide-for-health-and-social-care-professionals.pdf>
4. ASH (2023) *Addressing common myths about vaping Putting the evidence in context* [Accessed 03.03.2024] Available from: <https://ash.org.uk/uploads/Addressing-common-myths-about-vaping-ASH-brief.pdf?v=1691052025>



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