

So, you'd like to stop vaping?

You might have started vaping to quit smoking, or maybe you've just been vaping for a long time and now want to quit completely. This guide can help you with that.

Some people are happy to keep vaping long-term, while others want to stop eventually—or as soon as possible. Whatever your goal, it's important to make sure you don't go back to smoking cigarettes.

Currently, we're funded to help people quit smoking tobacco rather than nicotine products, but we understand you'd still like some guidance to stop vaping. So, we've put together this helpful information.

Understanding vaping and nicotine

When you smoked cigarettes, it was because your body craved nicotine. Nicotine itself isn't the main problem—it's the tar and toxins in cigarette smoke that cause the most harm. Vaping and nicotine replacement therapy (NRT) are much safer ways to get nicotine, with vapes estimated to be 95% less harmful than smoking. However, you might want to stop using nicotine altogether to reduce any remaining risk.

How to stop vaping when you're ready

If you've quit smoking and feel sure you won't go back, you might want to start cutting down on vaping too. Here's how to make quitting easier:

- ✓ **Reduce the nicotine strength** of your e-liquid bit by bit. (If you're using disposable vapes, consider switching to a refillable one first, so you can control the nicotine level.)
- ✓ **Extend the time between vapes.** Try to wait longer between each time you vape.
- ✓ **Set rules for where you vape.** For example, only vape outside or only during work breaks.

Don't rush! Only reduce your vaping or nicotine strength when you feel ready and know you won't be tempted to smoke instead. If you start craving cigarettes, it's okay to increase your vaping again until the cravings pass.

If you want to quit vaping all at once

If you feel ready to quit vaping straight away, you can try stopping completely and see how it goes. Use helpful techniques like:

- **Distraction:** Keep busy with something else.
- **Remind yourself why you quit.**
- **The “not a puff” rule:** Don’t give in to any cravings.

If you feel like you might start smoking again, go back to vaping or use NRT until you feel steady again. The most important thing is to avoid returning to cigarettes.

Tips for refillable vape users

If you’re using a refillable vape, try:

- ❖ Reducing nicotine strength over time (like 20mg → 18mg → 12mg → 6mg → 3mg → 0mg). Go at your own pace, and don’t feel pressured to rush.
- ❖ Waiting longer between vaping sessions (e.g., 20 minutes → 40 minutes).
- ❖ Vaping only in certain places or at certain times (e.g., only outdoors). This helps break the habit of vaping in specific situations, even if it doesn’t immediately reduce the amount of nicotine you use.

Tips if you use disposable vapes

Disposable vapes don’t have as many nicotine strength options. Here’s what you can do:

- Consider switching to a refillable vape so you can reduce nicotine strength more gradually.
- Use other methods to cut back, like vaping only in certain places or taking fewer puffs.
- Some disposables have zero nicotine options, so you could alternate between nicotine and no-nicotine ones.

Using NRT instead of vaping

If you want to quit vaping completely and are worried about cravings or going back to smoking, you can switch to an NRT product (like patches, gum, or lozenges). This is especially helpful early on or if you had a strong addiction to smoking.

Here’s a simple plan you could follow:

- **Week 1:** Low-strength patch + high-dose oral NRT (or higher-strength e-liquid)
- **Week 2:** Medium-strength patch + lower-dose oral NRT (or medium e-liquid)
- **Week 3:** High-strength patch + low-dose oral NRT (or low e-liquid)
- **Week 4:** High-strength patch only
- **Week 5:** Medium-strength patch
- **Week 6:** Low-strength patch
- **Week 7+:** No nicotine—try gum or mints

Planning for emergencies

If you ever feel like you might smoke again, keep a vape or NRT product nearby for “emergency” cravings. Going back to vaping isn’t a failure—it’s much better than smoking cigarettes.

Remember: If you’ve already stopped smoking, you’ve done something amazing for your health! Stopping vaping is another step, but don’t worry if it takes you a while. Go at your own pace and be kind to yourself.
