

# Your Quit Chat Checklist

To make it easier to talk to your doctor about quitting smoking, take this list of questions along to your appointment to make sure you get the most out of your chat.

## YOUR DOCTOR CAN HELP TO ANSWER THESE QUESTIONS:

- I've tried quitting before. What are all the options to help me quit smoking?
- How long could it take for me to quit?
- What are the chances of me quitting successfully?
- How will I feel when I'm quitting?
- If I'm already taking medication, or have a medical history, can I still have a quit attempt?
- How will my body and health improve when I stop smoking?
- Am I likely to gain weight when I quit?
- What is a patient support program, and how will it help me?
- Do I need to regularly see my doctor as I quit?

## WHAT ELSE WOULD YOU LIKE TO KNOW?

If you have other questions you'd like to ask your doctor, jot them down on your phone or email them to yourself so you can access them easily during your appointment. These could be about the role smoking plays in your routine, your reasons for wanting to quit, and the goals you want to set for yourself.

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### NOTES

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## MY QUIT CHAT APPOINTMENT IS:

Date:

Time:

Where:

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HELP TO QUIT