

MY TIME TO QUIT

Get the Conversation Rolling

It may feel awkward to talk to your doctor about stop-smoking aids and quitting smoking. Maybe you feel embarrassed. Or maybe you don't know what to ask. Here's some help to make that conversation a little bit easier and more productive.

DOCTOR DISCUSSION CHECKLIST

1. Write down questions you have for your doctor regarding quitting smoking.
2. Think about your past quit attempts and why you think they did not work.
3. Tell your doctor you are ready to quit and why.
4. Pick a quit date and share that date with your doctor.
5. Ask about medications and other stop-smoking aids that might be right for you.
6. Find out if the treatment your doctor is recommending includes a support plan.
7. Tell your doctor about all medications you are taking as well as your medical history.

What else would you like to ask? Think about it for a minute.

