



You're 4x more likely to quit smoking with medical treatments and your healthcare professional's support.

To make the conversation about quitting smoking easier with your healthcare professional, take these questions along to your appointment.

### APPOINTMENT DISCUSSION CHECKLIST

- ? I've tried quitting before. What are all the options to help me quit smoking?
- ? How long will 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 taking medicines or have a medical history can I still have a quit attempt?
- ? How will my body benefit over the course of stopping smoking?
- ? Will I gain weight when I quit?
- ? I've heard that patient support programs can really help, What do you recommend?
- ? Do I need to regularly see a doctor when I start my quit attempt?

? **What else would you like to talk about or ask your doctor?**

Eg. Why you'd like to quit smoking, how many times you've tried before etc

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**My appointment is**

Date:

Time:

Location: