



It's time to Quit

Ask your Guardian pharmacist for your Quit Smoking Plan today.



Guardian Services

Ask your pharmacist about improving your overall health and wellbeing today with the help of these additional services:

- Respiratory Check
- Weight Management
- Medication Organisers
- Medication Reviews
- Mobile Prescription Reminders
- Scripts on File

The Guardian Difference

Our pharmacists are always here to provide you with professional advice and support.



Visit your local Guardian pharmacist today



My health benefits

Fill this out with your Amcal pharmacist every week to track your progress

Week 1

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Week 2

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Week 3

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Week 4

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Week 5

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Week 5

Blood pressure: _____

Breathing has improved

Exercise is easier

Other: _____

Quit smoking timeline

The positive health effects of quitting can be seen in just 6 hours with more health benefits over time, as seen in the quitting timeline below:

6
HOURS

Your blood pressure has decreased.¹

24
Hours

More oxygen in your body.¹

7
Days

Your lungs' natural cleaning system begins to recover, as well as your body's vitamin C levels.¹

2
Months

Your immune system begins to recover.¹

6
Months

Your lungs are producing less phlegm and are working better.¹

12
Months

Your risk of heart disease is now half what it was when you were smoking.²

In association with



Always read the label. Use only as directed. Incorrect use could be harmful. Your pharmacist's advice is required.

My current smoking habits

How many cigarettes do you smoke each day?

- 10 or less 11 to 20
 21 to 30 30 or more

How soon after you wake do you have your first cigarette?

- Within 5 min 5 to 30 min
 31 to 60 min after 60 min

I currently smoke:

- First thing in morning
 With a coffee or tea
 At morning tea
 After eating
 Straight after work
 With alcohol
 When I plan my next task
 As a reward for completing a task
 When I am with another smoker
 At night whilst relaxing
 Just before I go to bed
 Other: _____

My previous quit smoking attempts

Last time I quit smoking was: _____

I quit smoking for:

_____ Days _____ Weeks
_____ Months _____ Years

I used the following strategy to quit:

- Cold Turkey Patches Gum
 Lozenges Inhaler Quickmist
 Prescription medicine

I started smoking again because: _____

My Quit Smoking Plan

Your Guardian pharmacist will help create a personalised quit smoking plan for you below.

My quit date: ____/____/____

My reason to quit: _____

I will manage my cravings using:

Patches: _____ mg strength

Directions: _____

Quickmist: _____ mg strength

Directions: _____

Lozenges: _____ mg strength

Directions: _____

Inhaler: _____ mg strength

Directions: _____

Prescription Medicine: _____

Directions: _____

Additional tips: _____

1. Quitline. (2015). Health benefits of quitting. Retrieved from <http://www.quit.org.au/reasons-to-quit/health-benefits-of-quitting>
2. Quit Now. (2012). Benefits of Quitting. Retrieved from <http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/benefits-ofquitting>