

STEP 01: Understanding your smoking habits

If you are seeking help from your doctor, stop-smoking expert or specialist vape shop, they will need to understand your smoking habits. They can then recommend the best plan for you to quit smoking.

This advice includes the types of **vape devices**, **flavours** and **nicotine strengths**, as well as **other quitting methods** to potentially use alongside vaping.

STEP 02: Types of vape devices

Disposables



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Limited battery life
- Non-refillable
- Disposable and non-rechargeable

Pods



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Pre-filled pod inserts
- Refillable or non-refillable
- Rechargeable

Vape pens



- Varied battery life
- Refillable with different e-liquid strengths & flavours
- Popular amongst first time vapers
- Rechargeable
- Mirror conventional cigarette experience

Mods

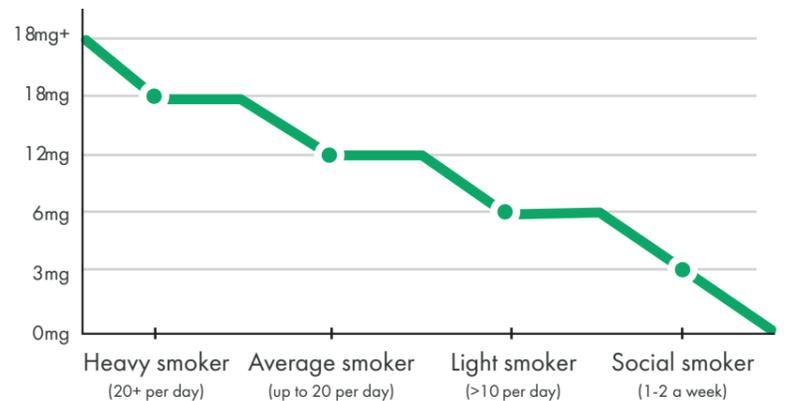


- Long battery life
- Can be customised to allow for changes in power and airflow
- Suitable for more experienced vapers
- Refillable
- Varied power for nicotine delivery

In February 2024, the Government announced their intention to ban disposable vapes. When this will happen is not yet clear, but while disposable vapes can form part of your quitting journey today, that is not likely to be the case in future. However, moving to a rechargeable and refillable device is not difficult and in the long run will save you money. It also means less waste and so it's better for the planet too. You'll find further information on choosing vapes at www.vapril.org, or ask in any specialist vape shop.

STEP 03: Nicotine levels

The easiest guide to nicotine levels is your smoking frequency as you will want your nicotine intake to mirror the same level you got from smoking. You can then reduce the level of nicotine over time, therefore quitting not just cigarettes, but nicotine too.



These suggested nicotine levels are for guidance. **As with e-cigarette devices, advice on the right level of nicotine concentration is critical.**

It is important to ensure that your nicotine intake closely mirrors the same level delivered when smoking.

STEP 04: Know your flavour options

Flavours play a key role in supporting smokers to quit and stay quit.

All vapers who have switched from smoking are different and you should be open to trying different flavours. This is part of your quitting journey.

According to Action on Smoking & Health, in 2023 the most popular flavours were:



STEP 05: Remember: every cigarette not smoked is a win

Don't worry if you don't feel that you are making as good progress with transitioning from smoking to vaping as you had hoped for. Everyone is different and it doesn't happen overnight. Don't be tempted to give up vaping if your body has an initial reaction such as craving for more nicotine or experiencing headaches. It might be as simple as needing to tweak the nicotine concentration up or down.

Just knock out one cigarette at a time and take as long as it takes - it's not a race to the end. We know stopping smoking isn't easy.

The key to success is being ready to make the change. If you're already unwell with an illness that smoking makes worse, this might be the right time.

Planning is key. Using the right products (it may be an e-cigarette, or a combination of vaping and nicotine replacement, such as a patch) and getting regular support (digital via the Smoke Free app or face to face via your local Stop Smoking Service or vape store specialist) makes all the difference.