

## STEP 01: Understanding your smoking habits

Understanding your smoking habits, lifestyle choices and health goals is essential information for healthcare professionals, stop-smoking and vape specialists to give you customised advice on the best course of action to quit smoking.

## STEP 02: Finding the best device for you

There are a variety of vape devices available to you, ranging from simple pod systems to more customisable mods. Each device type has its own unique benefits, but all could be effective in helping you move away from cigarettes.

### Closed Pod



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Replaceable pre-filled pods

### Open Pod



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Refillable pods

### Vape pens



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

### Mods



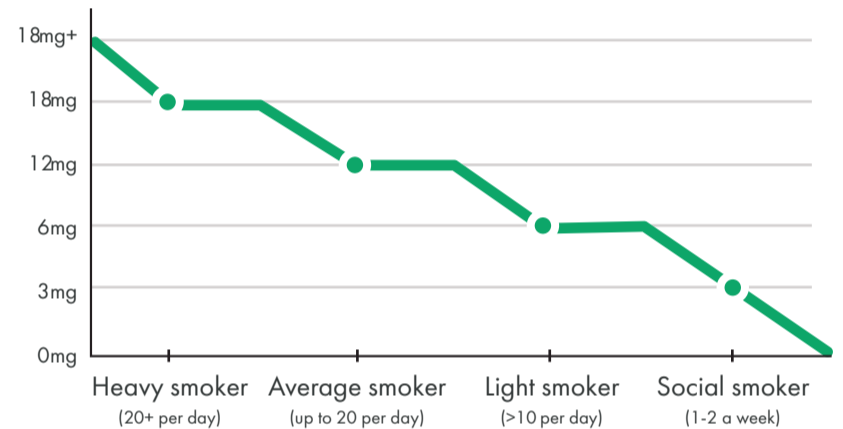
- Long battery life
- Can be customised to allow for changes in power and airflow
- Suitable for more experienced vapers
- Refillable
- Varied power for nicotine delivery

From June 2025, disposable vapes - which were the entry device for many quitters due to their simplicity and low initial cost - will be banned in the UK. Rechargeable and refillable devices can also be easy to use and will ultimately help save you money in the long run.

## STEP 03: Identifying your ideal nicotine level

The required nicotine strength level in vape devices will largely depend on your smoking frequency and what brand of cigarette you smoke. It will also be shaped by your goals and whether you want to quit tobacco or quit tobacco and nicotine.

You should look to adjust the strength of nicotine if it's either not satisfying your craving or is too strong and you're experiencing headaches.



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 off cigarettes. Not everyone has the same taste and you should be open to trying different flavours. This is a critical part of your quitting journey. More than 95% of stop smoking services surveyed by the UKVIA said they offer vapes to help adult smokers quit and 70% of these said fruit options are, or are amongst, the favourites for adults.

According to Action on Smoking and Health, the most popular flavours are:



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

Don't worry if you don't feel you are progressing on your quitting journey as quickly as you'd like.

Just remember that stopping smoking is not a race to the finish line and every step away from cigarettes is a victory.

Planning is also key. Identifying and using the right products - whether vaping or a combination of nicotine replacement therapies - as well as getting the right support can make all the difference.

**Visit [vapril.org.uk](http://vapril.org.uk) for more on how vaping can help you or a loved one quit smoking for good.**