

DrSonia Patient Handout
Smoking cessation plan

Quitting is a process. Make a plan and lean on supports.

Plan your quit

- Pick a quit date within 2 to 4 weeks.
- List triggers and plan alternatives.
- Remove tobacco products from home and car.

Get support

- Ask about nicotine replacement or medications.
- Tell family or friends your plan.
- Schedule follow-up or check-ins.

Source: Health Canada
Educational use only; not medical advice.