

## Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT), can also help you to QUIT smoking by replacing cigarettes, cigars or pipes.

NRT is available both over the counter or free on prescription from your GP or at your local pharmacy.

NRT works by releasing a small amount of nicotine, which is slowly absorbed into the body and can help to reduce cravings.

## NRT Products

Nicotine Lozenges	2mg and 4mg
Nicotine Patches	24hr/16hr
Nicotine Inhalator	15mg cartridges
Nicotine Gum	2mg and 4mg
Microtabs	2mg sublingual
Mouth spray	

There is also a non-Nicotine medication available on prescription that can reduce cravings called Bupropion (Zyban®).

**Further information on all the above products is available from Quit Your Way Hebrides.**

The service is also here to support you if:-

- you are going into hospital for a planned procedure and want to stop smoking.
- you are pregnant. There's never been a better time to stop smoking than now with our support. [www.publichealthscotland.scot/publications/iquit-stopping-smoking-when-youre-pregnant/](http://www.publichealthscotland.scot/publications/iquit-stopping-smoking-when-youre-pregnant/)
- you would like help to stop vaping.

Quitting smoking really does lead to a richer life. See how much money you have spent on cigarettes. Visit [www.nhsinform.scot/stopping-smoking/calculate-my-savings/](http://www.nhsinform.scot/stopping-smoking/calculate-my-savings/)

## Contact Us

### Quit Your Way Hebrides

Health Promotion Department, Block 11,  
Laxdale Court, Stornoway,  
Isle of Lewis, HS2 OGS  
Open 8.30am-5pm (Book for appointment)

Tel: 01851 701623

Email : [wi.hebridesquityourway@nhs.scot](mailto:wi.hebridesquityourway@nhs.scot)

Web: [www.wihb.scot.nhs.uk/quit-your-way-hebrides/](http://www.wihb.scot.nhs.uk/quit-your-way-hebrides/)



## We are listening - how did we do?

We welcome your feedback as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [careopinion.org.uk](http://careopinion.org.uk) or 0800 122 31 35
- Tel: 01851 704704 (ext 2236) or 0797 770 8701 Monday - Friday between 9am - 5.30pm (answer phone available).

Version : 8  
Written by: Quit Your Way Hebrides, NHS Western Isles.

Review Date: April 2026

### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

© NHS Western Isles, 2011, 2013, 2015, 2017, 2018, 2021, 2022, 2024.

All rights reserved.



## Quit Your Way Hebrides



**A guide to the smoking cessation service in the Outer Hebrides**

**QUIT YOUR WAY**  
with our support

## Who we are

The Quit Your Way Hebrides service provides free, confidential, advice, help and support to anyone in the Western Isles who would like to QUIT smoking.

Our friendly advisors can help you increase your chances of success in quitting smoking.

## What we offer

Quit Your Way Hebrides can offer you confidential appointments with one of our trained Smoking Cessation Advisors.

Support can be intensive over the first few weeks to build your confidence.

## How can we help?

The service is offering appointments via face-to-face, telephone, video-conferencing, text or email. We offer these services at times which are suited to your needs.

Groups are offered based on demand (eg. to workplaces).

**Evidence shows that you are four times more likely to successfully QUIT for good with the support of the Quit Your Way Hebrides service.**

Quitting smoking is a challenge and we would like to help you, so why not contact us and feel the benefits to your Health and Wellbeing.

**Let us help you QUIT for life.**

## Cessation Improvement Timeline

Did you know that after you have stopped smoking for....

<b>20 minutes</b>	Blood Pressure and Pulse return to normal.
<b>20 hours</b>	Carbon Monoxide will be eliminated from the body.
<b>3 days</b>	Breathing becomes easier, and Bronchial tubes begin to relax.
<b>3 months</b>	Circulation improves.
<b>6 months</b>	Risk of heart attack, cancer and other 'smoking' diseases begin to fall.
<b>1 year</b>	The risk of having a heart attack falls to about half that of a smoker.
<b>5 years</b>	The risk of a stroke is similar to that of a life-long non-smoker.
<b>10 years</b>	You've probably halved your risk of lung cancer.
<b>15 years</b>	Your risk of lung cancer will be reduced to little more than that of a life-long non-smoker.

### Quit Your Way Hebrides

Tel: 01851 701623

Email : [wi.hebridesquityourway@nhs.scot](mailto:wi.hebridesquityourway@nhs.scot)

Web: [www.wihb.scot.nhs.uk/quit-your-way-hebrides/](http://www.wihb.scot.nhs.uk/quit-your-way-hebrides/)

## Did you know...

- Smoking is the cause of a quarter of all heart disease.
- Smoking causes lung cancer and is also linked to other cancers.
- Smoking increases your risk of Type 2 diabetes.
- Tobacco smoke contains poisons which can reduce fertility.
- Smoking can worsen Pre-Menstrual Syndrome (PMS).
- Smokers have an increased risk of a stroke compared to a non-smoker.
- Smokers can have poor circulation, which can lead to amputation of limbs.
- Smoking can lead to Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), Emphysema and is a cause of Pneumonia.
- Those around tobacco smoke are themselves 'smoking' for a short time.
- Pregnant women who smoke during pregnancy have a much higher chance of miscarriage than those who don't smoke.
- Pregnant women who smoke during pregnancy risk their babies developing health problems linked with second-hand smoke.
- Babies and children who breathe second-hand smoke have an increased risk of chronic coughs, wheezing, and Sudden Infant Death Syndrome (Cot Death).

**QUIT  
YOUR  
WAY**  
with our  
support