GET ON THE PATH TO A HEALTHIER YOU!
IF YOU QUIT SMOKING RIGHT NOW:

After 15 years
Your risk of coronary heart disease is the same as a non-smoker’s

After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

Within 9 months
You will cough less and breathe easier

Within 3 months
Your circulation and lung function improves

Within 12 hours
The carbon monoxide level in your blood drops to normal

Within 20 minutes
Your heart rate and blood pressure drop

www.BeatTobaccoFree.gov

Quit Smoking Now with UF Health, Chantix & Area Health Education Centers (AHEC)

Health Science Center
PO Box 100128
Gainesville, FL 32610-0128

Phone: 352-273-5484
Fax: 352-273-5105
What is Chantix?

Your provider has recently spoken with you about how important it is for your overall health that you quit smoking. We know how challenging it can be to quit, and recognize that there are nicotine receptors in your brain that can prevent you from achieving a smoke-free lifestyle. This is why we have written a prescription for you to begin Chantix, a medicine without nicotine that is able to block nicotine from reaching the nicotine receptors in your brain.

By activating these nicotine receptors, it is believed that Chantix may cause less dopamine to be released, a neurotransmitter that is in part responsible for giving you a pleasurable feeling when nicotine binds with the receptors in your brain.

How Do I Use Chantix?

First, you will need to choose a quit date. We recommend that you choose a low stress day to maximize your chance of success. Once you have your quit date, you will start taking Chantix at the dose your physician has prescribed 7 days before your quit date.

During these first 7 days, you should reduce your cigarette consumption by at least half, and you shouldn’t use any Nicotine Replacement Therapy (NRT) while on Chantix.

Chantix Side Effects

The most common side effects of Chantix are nausea, insomnia, nausea and vivid dreams. We recommend that you avoid taking Chantix after dinner, and take your last dose before 6PM to avoid sleep problems. If you find that you are still having sleep problems, or any other unpleasant side effects, we urge you to contact us so we can adjust your dosage, as many side effects can be reduced or eliminated with dosing modifications.

There are also other smoking cessation therapies available that we would be happy to recommend if the dosing changes still leave you with unpleasant side effects. You can also call your local Area Health Education Center (AHEC) to learn about tools to help you quit. Call the University of Florida AHEC anytime at 877-U-CAN-NOW (877-822-6669).

Stay in Touch With Us

While Chantix is an important part of helping you become healthier, it is also crucial that you continue to communicate with your provider about how you are doing in the process. We are committed to helping you quit smoking, and want to celebrate your successes with you and help you through any obstacles you may face.