



Products to help you quit

可以幫助你戒煙的產品



尼古丁替代療法 (Nicotine Replacement Therapy, 簡稱 NRT)



Product 產品	How it works 如何起效	How to use the product 如何使用該產品
Nicotine Patch 尼古丁貼片 	<ul style="list-style-type: none"> Patch slowly releases nicotine into your body through the skin over several hours. 貼片會在幾個小時內通過皮膚緩慢地將尼古丁釋放到你的體內。 	<ul style="list-style-type: none"> Apply the patch to a clean, non-hairy, dry area of skin. 將貼片貼在乾淨、無毛、乾燥的皮膚區域。 Press the patch onto the skin and keep the pressure on for at least 30 seconds. 將貼片按壓在皮膚上，並保持壓力至少 30 秒。 Secure with medical tape if required. 如果有需要，可以用醫用膠帶固定。 21mg patch is best applied before bed and can be worn for a 24-hours. 21 毫克貼片最好在睡前貼上，可以連續貼 24 小時。
Nicotine Gum 尼古丁口香糖 	<ul style="list-style-type: none"> Nicotine is absorbed through the lining of the mouth. 尼古丁通過口腔內壁吸收。 	<ul style="list-style-type: none"> Slowly chew one piece of gum. 慢慢咀嚼一塊口香糖。 When the taste becomes strong, rest the gum between the gum and the cheek. 當味道變濃時，將口香糖停放在牙齦和臉頰之間。 Repeat this process for 30 minutes or until the taste fades (<i>chew-park-chew</i>). 重複此過程 30 分鐘或直到味道消失 (<i>咀嚼-停放-咀嚼</i>)。 Use gum every 1-2 hours or as required. 每 1-2 小時使用一次口香糖，或按需使用。 Do not eat or drink when gum is in your mouth. 嘴裡有口香糖時不要進食或飲水。

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<p>Nicotine Lozenges 尼古丁含片</p>		<ul style="list-style-type: none"> Gum, lozenges, and mouth spray can be used with patches. 口香糖、含片和口腔噴霧劑可與貼片一起使用。 It is best used when you feel an urge or craving to smoke or before a known trigger (e.g., after waking). 最好在你感到有吸煙的衝動或渴望時或在已知的誘因出現之前 (例如, 醒來後) 使用。 	<ul style="list-style-type: none"> Park one lozenge between gum and cheek. 將一片含片停放在牙齦和臉頰之間。 Occasionally, move the lozenge from one side of the mouth to the other for 30 minutes or until dissolved. 偶爾將含片從口腔的一側移到另一側, 持續 30 分鐘或直至溶解。 Do not chew, suck, or swallow lozenge. 不要咀嚼、吮吸或吞嚥含片。 Use lozenge every 1-2 hours or as required. 每 1-2 小時使用一次含片, 或按需使用。 Do not eat or drink when the lozenge is in your mouth. 嘴裡有含片時不要進食或飲水。
<p>Nicotine Mouth Spray (Mist) 尼古丁口腔噴霧劑 (霧狀)</p>		<p>最好在你感到有吸煙的衝動或渴望時或在已知的誘因出現之前 (例如, 醒來後) 使用。</p>	<ul style="list-style-type: none"> Point the nozzle as close as possible towards the inside of the cheek or under the tongue. 將噴嘴盡量靠近臉頰內側或舌頭下方。 Press the top of the dispenser to release the spray. 按下分配器的頂部即可釋放噴霧。 Use 1-2 sprays every 1-2 hours or up to 4 sprays an hour. 每 1-2 小時噴 1-2 次, 或每小時最多噴 4 次。 Wait a few seconds before swallowing after spraying into your mouth, and don't spray on your lips. 噴入口中後請等待幾秒鐘再吞嚥, 不要噴到嘴唇上。

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Quit Medications

戒煙藥物

Varenicline (Champix®, Varenapix®, APO-Varenicline® Pharmacor-Varenicline®)?

伐尼克蘭 (Champix®, Varenapix®, APO-Varenicline® Pharmacor-Varenicline®)?

Varenicline is a tablet that helps to reduce nicotine cravings and withdrawal symptoms. It does not contain nicotine. You can smoke for up to two weeks on the tablets. Setting a quit date between day 7 and day 14 or stop smoking between day 8 and 35. You take this medication for at least 12 weeks. You may also take this medication for up to 24 weeks to increase your success of stopping smoking or vaping. Take the tablet with food and a full glass of water. It is important to take the tablets for the full 12 weeks or 24 weeks, even if you have stopped smoking or vaping. Speak to your GP or call Quitline for more treatment details.

伐尼克蘭是一種有助於減少對尼古丁的渴望和戒斷症狀的藥片。它不含尼古丁。服用此藥後，你最多可以吸煙兩周。將戒煙日期設定在第 7 天至第 14 天之間，或在第 8 天至第 35 天之間停止吸煙。你需要服用此藥至少 12 周。你也可以服用此藥長達 24 周，以增加戒除吸食普通香煙或電子煙習慣的成功率。服用此藥時應隨餐並喝下一整杯水。即使你已經停止吸食普通香煙或電子煙，也必須服用此藥整整 12 周或 24 周。請諮詢你的全科醫生或致電 戒煙熱線(Quitline) 瞭解更多治療詳情。

What is Bupropion (Zyban®)?

安非他酮 (Zyban®) 是什麼?

Bupropion is a tablet that does not contain nicotine. It is taken to reduce nicotine cravings and withdrawal symptoms. You can smoke for up to two weeks while you are on this medication, setting a quit date between day 8 and day 14. You take the tablets for nine weeks. See your doctor or call Quitline for more treatment details.

安非他酮是一種不含尼古丁的藥片，用於減少對尼古丁的渴望和戒斷症狀。服用此藥期間，你可以吸煙長達兩周，戒煙日期設定在第 8 天到第 14 天之間。你需要服用此藥九周時間。請諮詢你的醫生或致電 戒煙熱線(Quitline) 瞭解更多治療詳情。

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What if one of the medications does not work for me?

如果其中一種藥物對我沒有效果怎麼辦？

Each medication option (NRT, Bupropion, or Varenicline) is independent of the other. So, if you try one product without success, you may be able to use another within the same 12-month period. Speak to your GP about the best options for you.

每種藥物選擇 (NRT、安非他酮或伐尼克蘭) 都是相互獨立的。因此，如果你嘗試一種產品沒有成功，你可以在相同的 12 個月內使用另一種產品。請諮詢你的全科醫生，瞭解最適合你的選擇。

What support is available from Quitline?

戒煙熱線 (Quitline) 提供什麼支持？

Quitline is a confidential telephone service that helps people quit vaping and smoking. Our counsellors know how hard it is to change your vaping or smoking habits. They are there to help you develop a quit plan that suits you. Quitline 13 78 48 is available seven days a week.

戒煙熱線 (Quitline) 是一項保密電話服務，可幫助人們停止吸食普通香煙或電子煙。我們的顧問知道改變吸食電子煙或普通香煙的習慣有多難。他們會幫助你制定適合你的戒煙計劃。戒煙熱線 (Quitline) 13 78 48 每週七天提供服務。

Quit products may be available through:

戒煙產品可透過以下途徑獲取：

- Quitline – offers quit support programs that include counselling and a 12-week supply of combination NRT products. Access to this program is subject to eligibility. Call Quitline on 13 7848 for more information.
戒煙熱線 (Quitline)——提供戒煙支持計劃，包括諮詢和 12 周的 NRT 組合產品供應。參加該計劃需符合資格。如需瞭解更多資訊，請致電 戒煙熱線 (Quitline) 13 7848。
- Pharmaceutical Benefits Scheme or PBS allows current Medicare cardholders to access cheaper medications. See your doctor (GP) to get a script.
藥品福利計劃 (Pharmaceutical Benefits Scheme, 簡稱 PBS) 允許現有 Medicare 持卡人獲得更便宜的藥物。請諮詢你的醫生 (GP) 以獲取處方。

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