



Products to help you quit 可以帮助你戒烟的产品



尼古丁替代疗法 (Nicotine Replacement Therapy, 简称 NRT)

Product 产品	How it works 如何起效	How to use the product 如何使用该产品
Nicotine Patch 尼古丁贴片 	<ul style="list-style-type: none"> Patch slowly releases nicotine into your body through the skin over several hours. 贴片会在几个小时内通过皮肤缓慢地将尼古丁释放到你的体内。 	<ul style="list-style-type: none"> Apply the patch to a clean, non-hairy, dry area of skin. 将贴片贴在干净、无毛、干燥的皮肤区域。 Press the patch onto the skin and keep the pressure on for at least 30 seconds. 将贴片按压在皮肤上, 并保持压力至少 30 秒。 Secure with medical tape if required. 如果有需要, 可以用医用胶带固定。 21mg patch is best applied before bed and can be worn for a 24-hours. 21 毫克贴片最好在睡前贴上, 可以连续贴 24 小时。
Nicotine Gum 尼古丁口香糖 	<ul style="list-style-type: none"> Nicotine is absorbed through the lining of the mouth. 尼古丁通过口腔内壁吸收。 Gum, lozenges, and mouth spray can be used with patches. 	<ul style="list-style-type: none"> Slowly chew one piece of gum. 慢慢咀嚼一块口香糖。 When the taste becomes strong, rest the gum between the gum and the cheek. 当味道变浓时, 将口香糖停放在牙龈和脸颊之间。 Repeat this process for 30 minutes or until the taste fades (<i>chew-park-chew</i>). 重复此过程 30 分钟或直到味道消失 (<i>咀嚼-停放-咀嚼</i>)。 Use gum every 1-2 hours or as required. 每 1-2 小时使用一次口香糖, 或按需使用。 Do not eat or drink when gum is in your mouth. 嘴里有口香糖时不要进食或饮水。



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<p>Nicotine Lozenges 尼古丁含片</p>		<p>口香糖、含片和口腔喷雾剂可与贴片一起使用。</p> <ul style="list-style-type: none"> It is best used when you feel an urge or craving to smoke or before a known trigger (e.g., after waking). <p>最好在你感到有吸烟的冲动或渴望时或在已知的诱因出现之前（例如，醒来后）使用。</p>	<ul style="list-style-type: none"> Park one lozenge between gum and cheek. 将一片含片停放在牙龈和脸颊之间。 Occasionally, move the lozenge from one side of the mouth to the other for 30 minutes or until dissolved. 偶尔将含片从口腔的一侧移到另一侧，持续 30 分钟或直至溶解。 Do not chew, suck, or swallow lozenge. 不要咀嚼、吮吸或吞咽含片。 Use lozenge every 1-2 hours or as required. 每 1-2 小时使用一次含片，或按需使用。 Do not eat or drink when the lozenge is in your mouth. 嘴里有含片时不要进食或饮水。
<p>Nicotine Mouth Spray (Mist) 尼古丁口腔喷雾剂 (雾状)</p>			<ul style="list-style-type: none"> Point the nozzle as close as possible towards the inside of the cheek or under the tongue. 将喷嘴尽量靠近脸颊内侧或舌头下方。 Press the top of the dispenser to release the spray. 按下分配器的顶部即可释放喷雾。 Use 1-2 sprays every 1-2 hours or up to 4 sprays an hour. 每 1-2 小时喷 1-2 次，或每小时最多喷 4 次。 Wait a few seconds before swallowing after spraying into your mouth, and don't spray on your lips. 喷入口中后请等待几秒钟再吞咽，不要喷到嘴唇上。

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Quit Medications

戒烟药物

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

伐尼克兰 (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.

伐尼克兰是一种有助于减少对尼古丁的渴望和戒断症状的药片。它不含尼古丁。服用此药后，你最多可以吸烟两周。将戒烟日期设定在第 7 天至第 14 天之间，或在第 8 天至第 35 天之间停止吸烟。你需要服用此药至少 12 周。你也可以服用此药长达 24 周，以增加戒除吸食普通香烟或电子烟习惯的成功率。服用此药时应随餐并喝下一整杯水。即使你已经停止吸食普通香烟或电子烟，也必须服用此药整整 12 周或 24 周。请咨询你的全科医生或致电 戒烟热线(Quitline) 了解更多治疗详情。

What is Bupropion (Zyban®)?

安非他酮 (Zyban®) 是什么?

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.

安非他酮是一种不含尼古丁的药片，用于减少对尼古丁的渴望和戒断症状。服用此药期间，你可以吸烟长达两周，戒烟日期设定在第 8 天到第 14 天之间。你需要服用此药九周时间。请咨询你的医生或致电 戒烟热线(Quitline) 了解更多治疗详情。

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

如果其中一种药物对我没有效果怎么办？

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.

每种药物选择（NRT、安非他酮或伐尼克兰）都是相互独立的。因此，如果你尝试一种产品没有成功，你可以在相同的 12 个月内使用另一种产品。请咨询你的全科医生，了解最适合你的选择。

What support is available from Quitline?

戒烟热线(Quitline) 提供什么支持？

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.

戒烟热线(Quitline) 是一项保密电话服务，可帮助人们停止吸食普通香烟或电子烟。我们的顾问知道改变吸食电子烟或普通香烟的习惯有多难。他们会帮助你制定适合你的戒烟计划。戒烟热线(Quitline) 13 78 48 每周七天提供服务。

Quit products may be available through:

戒烟产品可通过以下途径获取：

- 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.
戒烟热线(Quitline) — 提供戒烟支持计划，包括咨询和 12 周的 NRT 组合产品供应。参加该计划需符合资格。如需了解更多信息，请致电 戒烟热线(Quitline) 13 7848。
- Pharmaceutical Benefits Scheme or PBS allows current Medicare cardholders to access cheaper medications. See your doctor (GP) to get a script.
药品福利计划（Pharmaceutical Benefits Scheme，简称 PBS）允许现有 Medicare 持卡人获得更便宜的药物。请咨询你的医生 (GP) 以获取处方。

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