

POSSIBLE WITHDRAWAL SYMPTOMS



The majority of people who quit smoking experience physical and psychological withdrawal symptoms. It is generally accepted that the body takes 2 to 5 days to eliminate nicotine. As for all withdrawal symptoms, the duration and intensity may vary with each individual.

SYMPTOMS	UNDERSTANDING	WHAT TO DO
DIZZINESS Especially the first few days	Without the carbon monoxide in cigarette smoke, the body receives an increased quantity of oxygen in the blood which creates a state similar to hyperventilation.	Take several slow, deep breaths, like yawning, and stretch. Rest a little.
FATIGUE 2 to 4 weeks	Nicotine is a stimulant. By giving up smoking, the body relaxes and feels tired more easily. Detoxification also requires a lot of energy.	Sleep enough to recover, move, eat healthy food and drink a lot of water.
INSOMNIA 3 weeks and more	Nicotine affects the sleep cycle and the body tries to find its own rhythm.	Avoid stimulants such as coffee, caffeinated Coca Cola and Pepsi Cola, alcohol, etc. Take a walk after dinner. Learn to relax.
COUGHING 1 to 3 weeks	The respiratory system purifies itself with the rejection of, among other things, excess mucus, smoke particles and other accumulated toxins.	Drink a lot of water or infusions to facilitate the expectoration of mucus. Perform physical activities or simple breathing exercises.
CONSTIPATION 1 to 4 weeks	The body is used to intestinal stimulation caused by nicotine. It is attempting to resume its natural functions.	Drink water, eat fruits, raw vegetables and whole grain products for fibre, unless otherwise indicated. Increase physical activity.
INCREASED APPETITE Several weeks to 6 months	Taking nicotine acts as an appetite suppressant. The appetite may also be stimulated by the better taste of food.	Ask yourself if you're really hungry or if you are trying to compensate for the vacuum left by giving up cigarettes. Remain vigilant about the size of portions.
DESIRE FOR SWEET FOODS Several weeks	Certain studies show that nicotine influences the level of sugar in the blood. So, as a reflex, you could turn to sugary foods to create the same effect.	Snack on vegetables, fruits, or proteins such as cheese, yogurt, nuts. Avoid sweet foods.
AN OBSESSIVE DESIRE TO SMOKE Several weeks to 6 months	The more we allow the desire to smoke grow, the more intense it gets, becoming obsessive.	React quickly and move on from the idea of smoking. Apply one of the strategies of your action plan. Call the Ligne j'ARRÊTE or visit iquitnow.qc.ca .
IRRITABILITY Several weeks to 6 months	Without nicotine, the body reacts with a stress attributable to privation: withdrawal. This can cause impatience, irritability and anger.	Explain to your family and friends that it is temporary. Engage in relaxation activities. Take deep breaths.
HEADACHES 1 to 3 weeks	Nervous tension, anxiety, and stress caused by a lack of nicotine can lead to headaches at the time of withdrawal.	Relax and close your eyes. Rub your temples, head and neck. Stay hydrated.
HEAVY SWEATING Several weeks	Sweating is a way for the body to detoxify.	Drink a lot of water and infusions if they are not contraindicated by your doctor or pharmacist. Take a refreshing shower, eat a light dinner, avoid alcohol.

If you want to quit smoking, you're not alone!

Counsellors at the j'Arrête Smokers' Helpline and Quit Smoking Centres are there to help you in your initiative.



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