

Withdrawal from Nicotine/Tobacco

You may experience SOME of the listed symptoms of withdrawal. Remember that ALL THESE SYMPTOMS ARE TEMPORARY. If any persist or worsen, have them checked by your doctor in case they are related to another problem.

The following symptoms occur if you stop smoking cigarettes. They may also occur if you used other forms of tobacco, depending on how much and how long you have been using the tobacco, e.g., cigars, chewing tobacco.

See an explanation of some of the symptoms on page 2.

These symptoms may start within 24 hours to 3 days after your last cigarette and will be the most severe on the first to third day after your last cigarette, depending on how much and how often you smoked. They gradually decrease over a few weeks. Some may last a few months.

Physical Symptoms

- restlessness
- increased appetite
- increased muscle tension
- daytime drowsiness
- excess sweating
- mouth ulcers
- constipation
- cough worsening with brown phlegm for a few weeks to two months

Psychological Symptoms

- craving
- irritability, frustration or anger, impatience
- poor concentration
- depression, mild to severe
- sleep difficulty
- anxiety

DESCRIPTION OF SYMPTOMS (alphabetical order)

Anxiety: feeling that an unreal or imagined danger is about to happen, feelings of powerlessness accompanied by increased heart rate, increased breathing, sweating, trembling, weakness. Both excess caffeine and excess sugar can increase anxiety and insomnia.

Cough with Brown Phlegm: this is due to the lungs getting rid of the tars if you smoked the tobacco.

Depression: is a common withdrawal symptom that can last up to 5 weeks if you have a history of severe depression in the past. If you have had a severe depression in the past, there is a risk of another episode of severe depression up to 6-12 months after stopping the tobacco. If you are on an antidepressant and you and your doctor were discussing stopping it, if possible do not consider stopping it around the time you stop smoking cigarettes.

Increased Appetite: Increased appetite as a withdrawal symptom lasts up to 10 weeks. Increased appetite that persists beyond 10 weeks may be because nicotine acts to decrease a person's normal appetite, which in some people is stronger than others.

Length of Time Some Other Symptoms May Last: (in alphabetical order): constipation up to 4 weeks, poor concentration up to 4 weeks, mild depression or decreased ability to experience pleasure a few months, irritability up to 4 weeks, mouth ulcers 6 weeks, restlessness up to 3 weeks.

Sleep Difficulty: can be any form of disturbed sleep.