

# Five steps



to help your patients quit for two





1-800-QUIT-NOW

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ask

1

you quit  two quit

“Choose the statement that best describes your smoking.

- A. I have never smoked or have smoked less than 100 cigarettes in my lifetime.
- B. I stopped smoking *before* I found out I was pregnant, and I am not smoking now.
- C. I stopped smoking *after* I found out I was pregnant, and I am not smoking now.
- D. I smoke some now but have cut down since I found out I am pregnant.
- E. I smoke about the same amount now as I did before I found out I was pregnant.”

If she is not a current smoker, congratulate her.

If she's still smoking, even the slightest amount, continue to Step 2.



advise

2

you quit  two quit

“Quitting is one of the most important things you can do for the health of you and your baby.”

Use clear, strong, personalized advice to quit.

Emphasize the benefits of quitting, such as more energy and money for the mother, and fewer ear infections and colds for the baby.

2



assess



you quit  two quit

“What would you like to do about your smoking? Do you think you are ready to quit in the next couple of weeks?”

If she's ready to quit, encourage her to set a quit date in the next 30 days and continue to Step 4.

If not, try to motivate her; at the next visit, pick up from Step 2.



assist

4

you quit  two quit

“You’ve made a great decision. Quitting can be difficult, but we can help.”

Suggest and encourage problem-solving methods and skills to quit (i.e., identify her triggers).

Provide social support as part of treatment, and arrange support in her environment.

Provide pregnancy/parenting-focused self-help cessation materials.



arrange

5



1-800-QUIT-NOW

“QuitlineNC is a great resource. It’s free, confidential, and has special services for pregnant women. I’d like to give you a referral. And I’ll be here to check in with you and see how you’re doing.”

If she agrees, fill out a fax referral form.

If not, “prescribe” QuitlineNC and provide a brochure anyway.

