

# WITHDRAWAL SYMPTOMS INFORMATION SHEET

## 戒斷症狀一覽表

CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Quitting tobacco use brings about a variety of physical and psychological withdrawal symptoms. For some people, coping with withdrawal symptoms is like riding a roller coaster – there may be sharp turns, slow climbs, and unexpected plunges. Most symptoms manifest within the first 1 to 2 days, peak within the first week, and subside within 2 to 4 weeks. Report new symptoms to your health-care provider, especially if severe. Consider the impact of recent medication changes and your caffeine intake.

| Symptom                         | Cause                                                                                                                                        | Duration                                              | Relief                                                                                                                                            |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Chest tightness                 | Tightness is likely due to tension created by the body's need for nicotine or may be caused by sore muscles from coughing.                   | A few days                                            | Use relaxation techniques<br>Try deep breathing<br>Use of NRT may help                                                                            |
| Constipation, stomach pain, gas | Intestinal movement decreases for a brief period                                                                                             | 1-2 weeks                                             | Drink plenty of fluids<br>Add fruits, vegetables, and whole-grain cereals to diet                                                                 |
| Cough, dry throat, nasal drip   | The body is getting rid of mucus, which has blocked airways and restricted breathing                                                         | A few days                                            | Drink plenty of fluids<br>Avoid additional stress during first few weeks                                                                          |
| Craving for a cigarette         | Nicotine is a strongly addictive drug, and withdrawal causes cravings                                                                        | Frequent for 2-3 days; can happen for months or years | Wait out the urge, which lasts only a few minutes<br>Distract yourself<br>Exercise (take walks)<br>Use of a nicotine medication may help          |
| Depressed mood                  | It is normal to feel sad for a period of time after you first quit smoking. Many people have a strong urge to smoke when they feel depressed | 1-2 weeks                                             | Increase pleasurable activities<br>Talk with your clinician about changes in your mood when quitting<br>Get extra support from friends and family |
| Difficulty concentrating        | The body needs time to adjust to not having constant stimulation from nicotine                                                               | A few weeks                                           | Plan workload accordingly<br>Avoid additional stress during first few weeks                                                                       |
| Dizziness                       | The body is getting extra oxygen                                                                                                             | 1-2 days                                              | Use extra caution<br>Change positions slowly                                                                                                      |
| Fatigue                         | Nicotine is a stimulant                                                                                                                      | 2-4 weeks                                             | Take naps<br>Do not push yourself<br>Use of a nicotine medication may help                                                                        |
| Hunger                          | Craving for a cigarette can be confused with hunger pangs; sensation may result from oral cravings or the desire for something in the mouth  | Up to several weeks                                   | Drink water or low-calorie liquids<br>Be prepared with low-calorie snacks                                                                         |
| Insomnia                        | Nicotine affects brain wave function and influences sleep patterns; coughing and dreams about smoking are common                             | 1 week                                                | Limit caffeine intake (and none after 12 noon), because its effects will increase with quitting smoking<br>Use relaxation techniques              |
| Irritability                    | The body's craving for nicotine can produce irritability                                                                                     | 2-4 weeks                                             | Take walks<br>Try hot baths<br>Use relaxation techniques                                                                                          |

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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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戒煙會帶來各種生理和心理上的戒斷症狀。對於一些人來說，應對戒斷症狀就好像坐過山車一樣，可能有急轉彎，緩慢爬升和意外的急跌。大多戒斷症狀出現在戒煙的頭一兩天，第一星期為戒斷症狀的高峰期，並在兩至四星期內消退。把新出現的，尤其是很嚴重的症狀告訴醫生。考慮因素包括最近藥物的變化和咖啡因的攝入量。

| 症狀           | 原因                                 | 持續時間                   | 緩解方法                                                                                                                            |
|--------------|------------------------------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 胸悶           | 胸悶是因為身體對尼古丁的需求或因咳嗽而引起的肌肉酸痛所造成的     | 幾天                     | <ul style="list-style-type: none"> <li>• 使用放鬆技巧</li> <li>• 深呼吸</li> <li>• 尼古丁替代療法</li> </ul>                                    |
| 便秘, 胃痛, 胃氣   | 腸道蠕動會減慢一段短暫的時間                     | 一至兩星期                  | <ul style="list-style-type: none"> <li>• 喝足夠的水</li> <li>• 在飲食中加入水果, 蔬菜和全麥穀類</li> </ul>                                          |
| 咳嗽, 喉嚨干, 流鼻水 | 身體正在排出阻塞氣管和限制呼吸的黏液                 | 幾日                     | <ul style="list-style-type: none"> <li>• 喝足夠的水</li> <li>• 在最初的幾個星期避免額外的壓力</li> </ul>                                            |
| 煙癮發作         | 尼古丁是很容易上癮的, 戒煙會導致煙癮發作              | 開始的兩三天頻密, 煙癮可持續幾個月甚至數年 | <ul style="list-style-type: none"> <li>• 等煙癮平息, 煙癮只會維持幾分鐘</li> <li>• 分散自己的注意力</li> <li>• 運動(例如步行)</li> <li>• 使用尼古丁藥物</li> </ul> |
| 情緒抑鬱         | 剛開始戒煙心情不好是正常的. 很多人感到沮喪的時候會有強烈的吸煙慾望 | 一至兩星期                  | <ul style="list-style-type: none"> <li>• 增加娛樂活動</li> <li>• 把戒煙時的情緒變化告訴你的家庭醫生</li> <li>• 從朋友家人處得到支持</li> </ul>                   |
| 難以集中注意力      | 你的身體需要時間適應沒有尼古丁的刺激                 | 幾個星期                   | <ul style="list-style-type: none"> <li>• 計劃相應的工作量</li> <li>• 開始戒煙的幾個星期避免額外的壓力</li> </ul>                                        |
| 頭暈           | 你的身體獲得更多的氧氣                        | 一至兩日                   | <ul style="list-style-type: none"> <li>• 格外小心</li> <li>• 緩慢地變換姿勢</li> </ul>                                                     |
| 疲勞           | 尼古丁是一種令你興奮的物質                      | 兩至四個星期                 | <ul style="list-style-type: none"> <li>• 小睡片刻</li> <li>• 不要給自己壓力</li> <li>• 使用尼古丁藥物</li> </ul>                                  |
| 飢餓           | 煙癮常常和飢餓感混淆, 你的感覺可能源於想放些東西在口里       | 長至幾個星期                 | <ul style="list-style-type: none"> <li>• 飲水或低卡路里飲品</li> <li>• 準備低卡路里零食</li> </ul>                                               |
| 失眠           | 尼古丁會影響大腦電波和你的睡眠模式. 咳嗽和做關於吸煙的夢是常見的  | 一個星期                   | <ul style="list-style-type: none"> <li>• 限制咖啡因的攝取量 (中午 12 點後不要服用), 因為戒煙期間咖啡因的影響會增強</li> <li>• 使用放鬆技巧</li> </ul>                 |
| 煩躁不安         | 身體對尼古丁的渴求會引起煩躁不安                   | 兩至四個星期                 | <ul style="list-style-type: none"> <li>• 步行</li> <li>• 熱水澡</li> <li>• 使用放鬆技巧</li> </ul>                                         |

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