



Symptom	Cause	Coping Strategy
Craving	Low nicotine levels. Experienced by 90% smokers. Usually the reason a smoker lights another cigarette.	Distraction – the craving will pass after 2-3 minutes. Use nicotine replacement therapy.
Hunger	Low nicotine levels, as nicotine acts as an appetite suppressant.	Exercise. Low calorie snacks. Maybe glucose tablets will help.
Dizziness	Improved oxygenation of tissue as carbon monoxide levels in the blood decrease. This will pass spontaneously.	Take physical activity slowly. Consider avoiding driving.
Cough	Cilia have been paralysed by smoke but are now reactivated to clear respiratory tract.	Consider it as a positive health effect. Use linctus if necessary.
Tingling Sensations	Improved circulation to hands and feet. Also means hands and feet will be warmer.	Consider this as a positive effect.
Constipation or Diarrhoea	Bowels have learned to rely on the laxative effect of tobacco. Constipation is common.	Eat high fibre foods and expect it to be better in 2 weeks. Avoid laxatives.
Sleep disturbances/ insomnia	Altered REM sleep patterns as a result of nicotine withdrawal.	Encourage extra sleep if tired or extra rest. More physical activity.
Sore tongue Mouth ulcers	Chemical and bacterial changes in the mouth. Lack of vitamins impairs healing.	Good balanced diet.
Mood swings, anxiety, irritation, depression	This may be a grief like reaction to giving up smoking due to a sense of loss, which is a normal process.	Support and encourage the quitter to see this as a temporary and normal process. Increase exercise.