

# E-cigarettes



THE  
FACTS

## Are there other concerns about e-cigarettes?

There have been a small number of reported cases of fires caused by e-cigarettes. To minimise the risk of fire, as with other electrical devices, always use the correct charger and never leave e-cigarettes charging unattended or overnight.

There have also been a small number of reported cases of poisoning caused by swallowing the e-liquid. To avoid the risk of nicotine poisoning, always keep e-cigarettes and refill containers out of reach of children.

Regulations are now in place so that products sold in the EU/UK must meet particular standards and are sold in tamper-proof containers, reducing some of the risks reported with early versions of e-cigarettes.

## Remember ...

- Thousands of people have successfully quit smoking with the help of their free local NHS stop smoking services.
- If you want to use an e-cigarette to help you stop smoking, you can speak to your local NHS stop smoking service.
- You can also ask for help at your local community pharmacy, to explore the range of free stop smoking medications available.

### For more information, contact Quit Your Way Scotland.

Quit Your Way Scotland is staffed by trained advisers who can give you expert advice, as well as details of your local NHS stop smoking services. Call free on **0800 84 84 84**.

**www.QuitYourWay.scot** offers information and advice on stopping smoking. Try the interactive web chat with trained support staff.

Text **QUIT** to **83434** for a quit pack or text **CALL** to the same number and a Quit Your Way Scotland adviser will call you back.

**With the help of your free local NHS stop smoking service, you're much more likely to quit for good.**

**Fife Stop Smoking Service  
Haig House, Cameron Hospital,  
Leven, Fife, KY8 5RG.  
Freephone 0800 025 3000  
Fife.UHB.SmokingCessation@nhs.net**

Text adapted with permission from an existing publication produced by Pennine Care NHS Trust.

This leaflet gives you the facts about e-cigarettes (electronic cigarettes), including how they might help you to stop smoking tobacco.

## THE FACTS

### What are e-cigarettes?

An e-cigarette is a device for inhaling 'vapour' (an aerosol) that usually contains nicotine. It is also known as a vaping device. There are different types and designs of e-cigarettes: some look similar to tobacco cigarettes, while others have a pen-like shape, or a tank-style shape with a mouthpiece.

### What do e-cigarettes contain and how do they work?

Unlike normal cigarettes, e-cigarettes don't contain tobacco. E-cigarettes contain a battery, a heater and e-liquid. The e-liquid usually consists of nicotine dissolved in propylene glycol or glycerine, and added flavourings. Heating the e-liquid produces the 'vapour', which delivers nicotine into your body when inhaled.

### Will e-cigarettes help me quit smoking?

Current evidence on e-cigarettes as a quitting aid is limited. However, there is now some evidence that they may help you stop smoking. You might need to try out different types of e-cigarette and different strengths of nicotine to see what works for you. There is some evidence that tank-style e-cigarettes are better at delivering nicotine.

If you use an e-cigarette alongside expert support from your local free NHS stop smoking services, you'll increase your chances of successfully quitting smoking.

E-cigarettes are not the only option if you want to stop smoking. If you're looking to quit, you could consider using proven methods of stopping smoking, such as nicotine replacement therapy (NRT), Champix® or Zyban®.

If you do not wish to try other options for quitting, or have tried other approaches in the past that haven't worked for you, e-cigarettes may help. They can be used as a way to help you to 'cut down to quit' or to switch completely to e-cigarettes and stop smoking.

### I'd like to use e-cigarettes to help me quit smoking – where can I get support?

If you choose to use e-cigarettes to help you stop smoking, you can contact your free local NHS stop smoking service for support. Your local community pharmacy stop smoking service in Scotland does not offer this support at the moment.

### Where can I use e-cigarettes?

It is up to individual organisations to decide if, when and where e-cigarettes can be used on their premises. You cannot use e-cigarettes inside hospital buildings or on most hospital grounds.

### Are e-cigarettes available on prescription from NHS stop smoking services?

No. E-cigarettes are not currently available on prescription.

### Are e-cigarettes safe? What about 'second-hand' vapour?

E-cigarettes are not risk-free, but based on current evidence, they have a much lower risk than tobacco. However, current evidence suggests that using e-cigarettes without stopping smoking (dual use) does not provide health benefits. If you are using both, we recommend you stop smoking tobacco as soon as you can.

Generally, the harmful chemicals in tobacco smoke are either completely absent from e-cigarette vapour or are present at much lower levels. However, e-cigarettes are still quite new so we don't know much about their long-term impacts. This is still being investigated.

Although most e-cigarettes produce 'second-hand' vapour, existing research shows that the levels of toxins contained in this are very low. However, the long-term health effects of regular exposure to second-hand vapour are unknown.