

The Doctor Discussion Checklist

Set up an appointment to talk to your doctor. Together, you can go over options for quitting and come up with a plan that considers your previous quits and your health. Here's help to make that conversation a little bit easier and more productive.

- Write down questions you have for your doctor regarding quitting smoking.
- Think about your past quit attempts and why you think they did not work.
- Tell your doctor you are ready to quit and why.
- Pick a quit date and share that date with your doctor.
- Ask about medications and other stop-smoking aids that might be right for you.
- Find out if the treatment your doctor is recommending includes a support plan.
- Tell your doctor about all medications you are taking as well as your medical history.

Notes
