

E-cigs—Tips for helping clients to choose a product and/or stop use of e-cigs/vaping

Warwickshire Stop Smoking Service is e-cig and vaping friendly. Although we cannot currently supply e-cigs/vaping devices we can provide behavioural support that will make a big difference to success of stopping smoking cigarettes/e-cigs.

Because we are a NHS service we are not currently able to recommend or advise clients on which e-cig/vaping device to choose. This factsheet is designed to give you some tips that will help to get them started on using an e-cig/vaping device.

Before deciding on which e-cig/vaping device to use recommend to the client that they:

- ◆ Choose a retailer where you can view the products
- ◆ Choose a product that displays the CE mark
- ◆ Talk to the retailer about the choices available and begin to get an idea of what would suit them
- ◆ Talk to family, friends and work colleagues. Find out:
 - ◆ what have they used
 - ◆ what has worked well
 - ◆ which retailer did they choose and why

We are aware that many clients are choosing to go for the "second generation" or "third generation" products which they often find suit them better. "Second generation" products look less like a cigarette and usually contain a "tank" that is filled with a choice of liquid. "Third generation" electronic cigarette devices that allow the user to adjust the voltage applied to the atomiser (often referred to as 'variable voltage devices') using a control unit that can be set to different modes. The atomisers usually sit in the fluid and use different types of coils or wicks that can be replaced. Some come with 'puff counters' or downloadable software so the user can program their own voltage level and monitor their patterns of use.

Example of second generation e-cig/vaping device

Example of third generation e-cig/vaping device



Turn over...

E-cigs—Tips for helping clients to choose a product and/or stop use of e-cigs/vaping (continued)

Using the e-cig/vaping device:

- ◆ Start on a higher strength nicotine liquid and reduce down strength over a period of time
- ◆ The retailer can advise on the liquid strength to begin with and how to reduce down the strength
- ◆ Set themselves a time scale and stick to it! Eg. I will stay on the higher strength for 6 weeks and then reduce down to the next strength. I will then stay on this strength for 6 weeks and reduce down (this is only an example—some people choose shorter or longer times).
- ◆ E-cig/vaping devices can be used alongside an NRT product such as a patch – you can advise and prescribe this.
- ◆ Use their e-cig/vaping device the same way they would use their cigarette - this will help in the long term to “wean off”, so encourage the client to avoid using their device continually or in places they would not normally smoke.
- ◆ As well as reducing down the strength also begin reducing the frequency they would use the device, so that they “wean off” the device as well. The “weaning off” is best planned and not rushed.

Safety First

- ◆ Never leave an e-cig/vaping device or the bottle of liquid where a child or pet could get hold of it
- ◆ We are aware that children have suffered serious illness by drinking the liquid.
- ◆ We are aware that a dog has died from swallowing an e-cig cartridge
- ◆ Only ever charge an e-cig/vaping device using the charger they bought as part of the same kit.
- ◆ Don't leave it charging unattended
- ◆ We are aware of house, office and car fires caused by some charging devices
- ◆ We are aware that some devices have exploded
- ◆ Caution where flammable liquids are used is advisable.

The sale of E-cigs/vaping devices to under 18's

Currently e-cig/vaping devices can be sold to anyone, but there is voluntary code not to sell to under 18s. The Children & Families Act 2014 gave the Government powers to ban the sale of electronic cigarettes to persons under the age of 18. A consultation on draft regulations is expected "soon" and we will keep you updated. However if you identify there is an issue please let us know.

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Warwickshire Stop Smoking Service

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