# Stop Smoking Products

## Electronic Cigarettes

**E­-cigarettes, also known as E-cigs or Vapes** are currently the most popular stop smoking aid in England and evidence indicates that they can help people quit for good. They can be particularly effective when combined with expert face-to-face support. Experts estimate that vaping is at least 95% less harmful than smoking cigarettes. E-cigarettes deliver nicotine through a vapour rather than smoke by heating and vapourising a solution that typically contains nicotine, propylene glycol or vegetable glycerine, and flavourings. Unlike conventional cigarettes, E­-cigs do not burn tobacco and do not produce tar or carbon monoxide – two of the most damaging elements in tobacco smoke, which you inhale from cigarettes. E-cigarette vapour contains some potentially harmful chemicals also found in tobacco smoke, but at much lower levels.

E-cigarettes can help you manage your nicotine cravings. To get the most out of it, make sure you're using it as much as you need to and with the right strength of nicotine in your e-liquid. You won't get the full benefit from vaping unless you stop smoking cigarettes completely.

## What are the different types?

* Cigalikes look similar to tobacco cigarettes, tend to have small batteries and can be disposable or rechargeable.
* Vape pens are shaped like a pen or small tube and have a tank to store e-liquid and replaceable coils. The batteries tend to last longer than cigalike batteries and are rechargeable.
* Pod systems are compact rechargeable devices, often shaped like a USB stick or a pebble and use e-liquid capsules. They are simple to use and easy to maintain.
* Mods come in a range of shapes and sizes but are generally the largest E-cigarette devices. They have a refillable tank, longer-lasting rechargeable batteries and variable power.

## How do I decide which is right for me?

A rechargeable E-cigarette with a refillable tank delivers nicotine faster than a disposable model and is likely to give you a better chance of quitting smoking. So, if you're a heavier smoker, vape pens, pod systems and mods are the best to try. But if you're a light smoker, a cigalike could work for you too. As e-liquids are available with different nicotine strengths, you'll need to choose the right one to satisfy your needs.

## Is there is risk of fire from E-cigarettes ?

Like all electrical items that need charging there could be a fire risk if the manufacturer’s instructions are not followed correctly. Always buy your E-cigarettes from a reputable source and use the correct charger.

## Can I get E-cigarettes from my GP?

E-cigarettes aren't currently available from the NHS on prescription, so you can't get one from your GP. If you'd like help choosing the right e-cig and liquid, a specialist vape shop can give you lots of advice, see the Find a Vape Shop website: <https://www.findavapeshop.com/> or you can talk to your local stop smoking advisor, visit the West Sussex Wellbeing website for information about local services: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)

## Ready to quit?

West Sussex stop smoking services are E-cig friendly – talk to your advisor about using E-cigarettes. Find your local stop smoking advisor by visiting the West Sussex Wellbeing website: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)

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