

Remember ...

- Thousands of people have successfully quit smoking with the help of their free local NHS Quit Your Way stop smoking services.
- If you want to use an e-cigarette to help you stop smoking, you can speak to your local NHS Quit Your Way stop smoking service.
- You can also ask for help at your local community pharmacy, to discuss nicotine replacement therapy (NRT).

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

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 Your Way booklet or text **CALL** to the same number and a Quit Your Way Scotland adviser will call you back.



Translations



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Translations and other formats are available on request at:



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www.publichealthscotland.scot

For stop smoking support in Shetland
Scan the QR code or visit:
www.healthyshetland.com/quityourway
Phone: 01595 743330



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Public Health
Scotland



E-cigarettes

THE
FACTS

**QUIT
YOUR
WAY**
with our
support

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's 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 do not 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 still developing.

If you use an e-cigarette alongside expert support from your local free NHS Quit Your Way stop smoking services, you're more likely to quit smoking.

E-cigarettes are not the only option if you want to stop smoking. If you're looking to quit, you could consider using nicotine replacement therapy (NRT), which is a proven method of stopping smoking.

If you do not wish to try other options for quitting, or have tried other approaches in the past that have not 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 Quit Your Way 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's 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 Quit Your Way 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're using both, we strongly recommend you stop smoking tobacco completely as soon as you can.

E-cigarettes are still quite new so we do not know much about their long-term impacts. This is still being investigated.

The long-term health effects of regular exposure to second-hand vapour are not yet clear.

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.