

Understanding nicotine withdrawal symptoms

Nicotine is an addictive drug and it's normal to experience withdrawal symptoms.³ Some of these can last for 10 weeks or more.¹⁵

Common nicotine withdrawal symptoms ^{4,5?}	How common?	For how long?
Increased appetite	70%	Over 10 weeks
Urges to smoke	70%	Over 10 weeks
Depression	60%	Up to 4 weeks
Restlessness	60%	Up to 4 weeks
Poor concentration	60%	Up to 2 weeks
Irritability/aggression	50%	Up to 4 weeks
Mouth ulcers	40%	Over 4 weeks
Night-time awakenings	25%	Up to 1 week

Other nicotine withdrawal symptoms that some people experience can include coughing, diarrhoea, sneezing, earache, sore throat, deafness, constipation, or feeling off-colour.^{1,2}

You can experience these symptoms no matter what method you use to quit.

Your doctor has prescribed medication to give you a good chance at quitting and break the hold of nicotine addiction.

References:

1. Ussher M, *et al. Tobacco Control* 2003;12:86–88.
2. Surgeon General's 1979 Report: Smoking and Health. US Department of Health, Education and Welfare. OHEW Publication No (PHS) 79–50066.
3. Dani JA, *et al. Nature Neuroscience* 2005;8(11):1465–70.
4. Jarvis MJ. *BMJ* 2004;328:277–9.
5. Coe JW, *et al. J Med Chem* 2005;48:3474–7.
15. <http://www.tobaccoinaustralia.org.au/chapter-6-addiction/6-9nicotine-withdrawal-syndrome/31.10.2011>.