

Smoking Cessation Prescription

Examinee name:

1. Present smoking status

- ☐ Ex-smoker ☐ Current smoker

2. Nicotine dependency

- ☐ Low (0–3 points) ☐ Medium (4–6 points) ☐ High (7–10 points)

3. Stage of plan to quit smoking

- ☐ Stage prior to planning to quit smoking
☐ Planning stage to quit smoking
☐ Preparation stage to quit smoking
☐ Attempt to quit smoking
☐ Staying smoke-free

You can improve your quality of life if you stop smoking.

4. Smoking prescription

- ☐ Need education or counseling to stop smoking. Please read the stop-smoking brochure.
☐ Prescription of medications (☐ Nicotine replacement therapy ☐ Bupropion ☐ Varenicline)
☐ We recommend that you join the nonsmoking program provided by the National Health Insurance Service.
☐ Refer to smoking cessation services (i.e., smoking cessation clinic or smoking cessation call center or quitline).
☐ Others:

5. How to overcome nicotine withdrawal symptoms and avoid the urge to smoke

- ☐ Drink enough water.
☐ It is helpful to chew gum or candies or eat snacks.
☐ Take a bath or shower with warm water.
☐ Relaxation and meditation are helpful.
☐ Take a walk and think about your motivation to quit smoking.
☐ Others

6. Other comments (100 characters or less)

You might require regular clinic visits to assist you with smoking cessation.

Physician's name / Signature: