Nicotine Vaping and Tobacco Harm Reduction Information for Patients

Nicotine Vaping to Quit Tobacco: Tips on How to Succeed with Less Risk

1. Once you get used to vaping nicotine, try to switch completely and stop smoking tobacco
2. Buy your nicotine vaping products & e-liquids from regulated providers. Do not not change factory settings
3. Unless flavors help you switch, choose e-liquids with no added flavor to reduce lung exposure
4. Avoid “dabbing” or “dripping” the higher temperature puts more chemicals and contaminants into the lungs
5. Avoid vaping Nicotine salts. These products deliver higher nicotine amounts and can be more addicting
6. Do not vape cannabis oils. These have been shown to cause serious lung disease and death
7. When you are tobacco free, have a plan to reduce and stop vaping nicotine. Involve a healthcare professional to support you
8. Monitor yourself for any new symptoms while vaping, let your doctor know if you have any concerns

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References available on request
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Acknowledgement: Clinical Engagement Grant: Addiction & Mental Health Strategic Clinical Network

Vaping nicotine is much less harmful than smoking tobacco (Health Canada). A burning cigarette releases more toxic chemicals and higher amounts of carcinogens than nicotine vapor

Vaping nicotine is not without risk, and we do not know the long-term effects.

Once you get used to vaping nicotine, try to switch completely and stop smoking tobacco

Only vape nicotine if other methods have not worked to help you reduce and quit smoking tobacco

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When you are tobacco free, have a plan to reduce and stop vaping nicotine. Involve a healthcare professional to support you

Monitor yourself for any new symptoms while vaping, let your doctor know if you have any concerns