

Smoking Cessation

FirstQuit is an evidence-based tobacco-cessation program that provides certified tobacco treatment specialists who will assist tobacco users throughout the quitting process. The program includes:

- Customized quit plans
- Group classes or individual sessions
- Coping strategies to deal with physical withdrawal symptoms
- Medication education with starter pack of nicotine patches, gum or lozenges
- Support group services

FirstQuit
Support to be tobacco-free

Fees range from \$5 to \$50, based on household income. FirstQuit is offered in Hoke, Moore, Montgomery and Richmond counties. For more information, call (888) 534-5333.

Locations include:

Moore County — 5 Aviemore Drive, Pinehurst, NC 28374

Montgomery County — 443 Wood Street, Troy, NC 27371

Hoke County — 6408 Fayetteville Road, Raeford, NC 28376

Richmond County — 925 Long Drive, Rockingham, NC 28379

COMMUNITY HEALTH SERVICES
PO Box 3000
5 Avimore Drive
Pinehurst, NC 28374
Phone: 1-888-534-5333
Fax Number: (910) 715-2197
FirstQuit Staff: _____

Outpatient Referral Form

FirstQuit
Support to be tobacco-free

PATIENT INFORMATION

Name: _____ Date of Birth: _____
Address: _____ City: _____ State: _____ Zip: _____
Home/Cell Phone: _____ Work Phone: _____ Gender: Female Male
Health Insurance: Private Medicaid Medicare None
Tobacco Use: Cigarettes (#per day): _____ Spit/smokeless tobacco (# per day): _____ Pipe/Cigar (# per day): _____

MEDICATION INTERVENTION

NICOTINE REPLACEMENT OPTIONS

Nicotine Transdermal Patch

Dosing Guidelines: (≤ 10 cigarettes/day use 14mg/day; > 10 cigarettes/day use 21 mg/day)

Directions: Apply topically daily. Replace every 24 hours. Rotate sites.

Nicotine Polacrilex Lozenge (72 lozenges/box)

Dosing Guidelines: (First cigarette smoked >30 minutes after waking use 2mg; within 30 minutes after waking use 4mg)

Directions: Dissolve one lozenge in mouth every 1-2 hours. Maximum 24 lozenges/24 hours.

Nicotine Polacrilex Gum (100 pieces/box)

Dosing Guidelines: (< 25 cigarettes/day use 2mg; ≥ 25 cigarettes/day use 4mg)

Directions: Chew one piece every 1-2 hours. Maximum 24 pieces/24 hours.

PROVIDER INFORMATION

Referred by: _____ Facility: _____
Signature: _____ Date/Time: _____
Phone Number: _____ Fax Number: _____

Please fax form to FirstQuit Staff at (910) 715-2197.



Place Patient Label
Inside This Box