

# 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 Avimore Drive, Pinehurst, NC 28374

**Montgomery County** — 443 Wood Street, Troy, NC 27371

**Hoke County** — 6408 Fayetteville Road, Raeford, NC 28376

**Lee County** — 2919 Beechtree Drive, Sanford, NC 27330

**Richmond County** — 925 Long Drive, Rockingham, NC 28379

# Smoking Cessation

**FirstHealth**  
OF THE CAROLINAS

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: ( $\leq 10$  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;  $\geq 25$  cigarettes/day use 4mg)  
Directions: Chew one piece every 1-2 hours. Maximum 24 pieces/24 hours.

### PROVIDER INFORMATION

Referred by: \_\_\_\_\_ Facility: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

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

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Place Patient Label  
Inside This Box

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Sunset Date: 5/2015