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

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

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

**Richmond County** — 925 Long Drive, Rockingham, NC 28379
# Smoking Cessation

Outpatient Referral Form

**FirstQuit**
Support to be tobacco-free

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**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/smileless tobacco (# per day): ______  Pipe/Cigar (# per day): ______

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**MEDICATION INTERVENTION**

- **Nicotine Replacement Options**
  - **Nicotine Transdermal Patch**
    - Dosing Guidelines: (≤ 10 cigarettes/day use 14mg/day; > 10 cigarettes/day use 21mg/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.

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**PROVIDER INFORMATION**

Referred by: ____________________________  Facility: ____________________________

Signature: ____________________________  Date: ____________________________

Phone Number: ____________________________  Fax Number: ____________________________

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