

# Who do I contact for help to stop smoking?

Ask your mental health professional (e.g. psychiatrist, CPN, keyworker or hospital pharmacist), your GP surgery or local community pharmacy.

Call the hospital stop smoking service direct on:  
**0131 286 8101**

Information about stopping smoking is available from:

Quit Your Way Lothian  
[Tinyurl.com/qywlothian](https://tinyurl.com/qywlothian)



Quit Your Way Scotland  
**0800 84 84 84**  
[QuitYourWay.scot](https://QuitYourWay.scot)

Find us on  **NHSLothianQuitYourWay**

# Clozapine and Smoking

This patient information leaflet explains some issues that are important if you are taking clozapine and you





## If you stop smoking without planning

If you stop smoking without planning, the levels of clozapine in your blood will increase. The effect can be huge, sometimes the same as almost doubling your dose. Within a week or two, you might start noticing clozapine-related side effects such as drowsiness, tiredness, constipation, and excessive salivation (drooling). Seizures may also occur.

If you have recently stopped smoking, you **MUST** seek advice and support from your mental health professional. It is important that you do so as soon as possible.

If you have any other questions about clozapine and stopping smoking, please ask your mental health professional.

## Clozapine if you smoke

Clozapine is used to treat Treatment Resistant Schizophrenia and occasionally other mental health illnesses. Smoking (including smoking cannabis) reduces the amount of clozapine in your body. This means that if you smoke, you are likely to require a higher dose to get the same benefit as a non-smoker. Your dose will have been tailored to you as a smoker.

## Clozapine if you stop smoking

If you stop smoking your dose of clozapine will need to be gradually reduced. Even if you use nicotine products to help you stop smoking, it will have the same effect. These products include e-cigarettes/vapes, chewing tobacco, snuff, and nicotine replacement products e.g., patches, gum, sprays, and lozenges.

If you would like to stop smoking, plan this with your mental health professional, so they can make appropriate changes to your clozapine dose. You may also require some extra blood tests to check the levels of clozapine in your blood.

## Where can I find more information?

Information about Clozapine and smoking can be found at:

<https://www.choiceandmedication.org/nhs24/generate/handyfactsheetsmokingandclozapine.pdf>



<https://ihub.scot/media/1655/clozapine-handy-guide.pdf>



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0131 286 8101**