

What nicotine withdrawal symptoms can I expect?

Each individual can experience very different withdrawal symptoms. Most people will experience the worst physical withdrawal symptoms within the first 3–5 days. If a symptom persists or seems worse, you should consult your primary care provider. Here are some things you may experience when quitting nicotine.

- **Occasional dizziness:** This is caused by the fact that you are absorbing more oxygen through your lungs. The dizziness may come upon you for a few days and usually lasts for only a few seconds.
- **Headache:** One in four smokers reports a mild headache at some point during their quitting process.
- **Hunger:** Almost all smokers notice this symptom. Nicotine is an appetite suppressant so you feel like eating more. The body's absorption of food is improved too, so that you gain more nourishment even if you do not actually increase the amount you eat. It is important to note that not all people gain weight when they quit, and proper eating and exercise can help to curb this.
- **Constipation:** Intestinal mobility may decrease for a brief period when you quit cigarettes. This usually lasts for only 3–4 days. If you have further concerns about this, please see your doctor.
- **Shakiness:** You may notice your hands tremble slightly, perhaps for several weeks. The tremor usually subsides as your body gets used to the absence of nicotine.
- **Sweating:** This is another common reaction. Like the shakes, it will go away after a while. Hot baths or showers can dispel the perspiration.
- **Coughing more:** As the cilia in your lungs rebuild, they start to clean the bronchial tubes and remove the phlegm, thus causing increase in coughing. This can last for a few weeks and results in the disappearance of the "smoker's cough."
- **Other symptoms:** You may experience decreased concentration, feeling fatigued, nervousness, irritability, anxious or sadness.