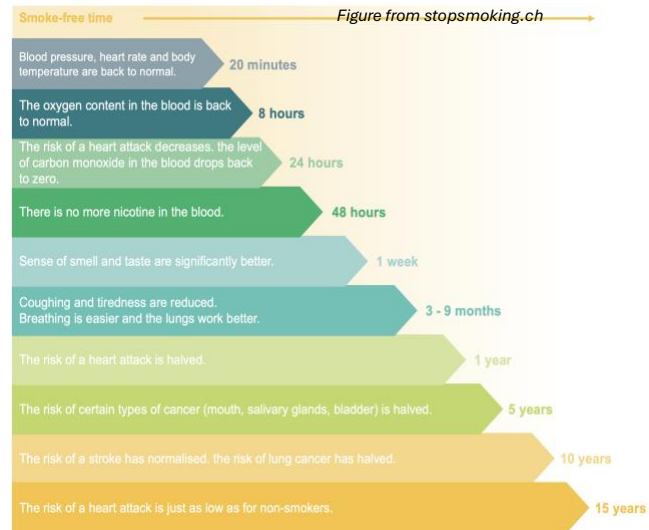


Recommendations for the safe use of e-cigarettes



Why e-cigarettes?

- Tobacco smoking is harmful.
- Quitting smoking will improve your health.



- E-cigarettes with nicotine-containing liquid are **less harmful** than combustible cigarettes and heated tobacco.

Application

- Set yourself a quit date to stop smoking tobacco cigarettes. Avoid dual consumption of tobacco cigarettes and e-cigarettes.
- Inhale only small amounts of aerosol and only as superficially as possible. If you have to take a strong puff, the nicotine dose may be too low.
- Take puffs with interruptions. Inhale the aerosol as indirectly as possible, first into the mouth and only afterwards deeper.
- Gradually reduce the nicotine content of the e-liquids to zero.

- If you have any side effects, stop using e-cigarettes.
- In case of side effects, contact the study team or your treating physician.

Resupply

- You will be asked after 8 and 16 weeks whether you need new e-liquids.
- You can change the flavor and dosage.
- If you experience any problems with the product or if you need new e-liquids, please contact us.

Disposal

- If you want to stop using the e-cigarettes, you can dispose of them at any retail location, a collection site or the study center.

Instructions for use

- Store the e-cigarettes and the liquids out of the reach of **children and adolescents**.
- Protect children and adolescents as well as non-smokers from passive smoking.
- Avoid direct contact of the e-liquids with your mouth and do not drink them.
- Charge and fill the device as described in the instructions.

Side effects

- Potential side effects are nausea, vomiting, headache, dizziness, cough, irritation in the mouth.

Support services:

www.stopsmoking.ch

Telephone counseling for smoking cessation

0848 000 181

Study contact:

ChristofManuel.Schoenenberger@usb.ch

061 265 38 25 (Mon-Fri 8 am-17 pm)

The RETUNE study is conducted by researcher from the University Hospital Basel.

