

Switching to vaping in 5 EASY STEPS

Are you an adult smoker who can't quit? Vaping is not completely risk-free, but most experts agree it is a much less harmful alternative and an effective quitting aid for some smokers.

1. Do your homework

Visit your local vape shop, speak to friends who vape, go to the [Australian Tobacco Harm Reduction Association \(ATHRA\)](#) website, the [E-cigarette Academy](#) or online forums such as [Vaping in Australia](#) or [Vape Fam Australia](#), where you can ask questions of experienced vapers.

2. See your doctor

Speak to your GP about vaping and ask if it is suitable for you as a method of reducing or quitting smoking, taking into account your personal circumstances and other quit smoking options available. Your doctor may write you a prescription for e-liquid if it is appropriate (see step 4 below).

3. Select a device

Vaporisers consist of 3 parts:

- A battery (usually rechargeable)
- A tank or 'pod' for the e-liquid
- A 'coil' or heating element

The best models for beginners are pod and refillable tank models.

Vaporisers can be purchased from Australian vape shops but pod models prefilled with an active ingredient need to be sourced overseas.

Pod models

These have a removable pod or cartridge that holds the e-liquid. Pre-filled (single use) and refillable pods are available.

battery



Refillable tank models

Have a refillable tank and a larger battery. The heating coil needs to be changed every 2-4 weeks when the taste becomes burnt or unpleasant.

battery



4. Select an e-liquid

Basic e-liquid consists of propylene glycol (PG), vegetable glycerine (VG) and flavouring. Most vapers start with tobacco flavour as it is a more familiar taste. Many change later to fruit or dessert flavours.

Some e-liquids also contain an active ingredient which has a pharmaceutical effect for which a prescription may be required. Your doctor can discuss with you whether an e-liquid containing an active ingredient might be appropriate for you and the laws regarding it's importation under the [TGA Personal Importation Scheme](#).

Pre-mixed e-liquid or mix-your-own

Most beginners purchase ready-to-use, premixed e-liquid from overseas websites.

Many experienced users mix their own e-liquid by purchasing separate ingredients. Basic e-liquid (PG, VG and flavouring) can be purchased from Australian vape shops. If you want to add an active ingredient, more concentrated forms are available from overseas websites. Always get the advice of an expert before doing any home mixing.



5. Make the switch

Talk to your doctor for advice on how to vape, as vaping is a little different to smoking. Here is some general advice that some people may find helpful:

- Take longer, slower drags, 3-4 seconds on average
- You can take a puff or two as needed or have a 10-12 puff session like smoking
- Experiment to find the combination of vaping device and e-liquid flavour and ingredient mix that works for you

- Daily vaping is more effective for quitting smoking than vaping less often
- A little coughing is common at first, but usually settles
- Some people continue to smoke in the early stages of vaping. Try to stop smoking as soon as you can
- Later, stop vaping if you can. However, the evidence so far suggests that continuing to vape is much safer than returning to smoking