**Patient Waiver Form**

Supplying vaping devices and liquids as part of a personalised treatment plan for tobacco dependency

**I understand that:**

The specialist treating tobacco dependency service supplies vaping devices and liquids to patients that smoke tobacco as part of a personalised treatment plan for tobacco dependency. Vaping is an evidence-based intervention and recommended for the treatment of tobacco dependency by the National Institute for Health and Care Excellence (NICE) in the United Kingdom (UK). It is important to note the following:

* Smoking tobacco is both uniquely addictive and uniquely dangerous.
* Up to two thirds of smokers die prematurely, losing on average 10 years of life.[[1]](#footnote-1)
* The addictive substance in tobacco smoke is nicotine but nicotine is NOT the cause of the harms of smoking.
* The harm of smoking comes from the thousands of poisonous chemicals produced when tobacco is burnt.
* Vaping devices do NOT contain tobacco and no tobacco is burnt.
* Vaping devices heat a liquid (called an e-liquid) to create a vapour that the user inhales.
* Vaping is a very effective intervention to help a person that smokes tobacco to stop.
* Although there is not enough evidence to know whether there are long-term harms from vaping, it is substantially less harmful than smoking tobacco.
* It recommended to switch entirely from tobacco to vaping, as any exposure to tobacco smoke is harmful. When switching from smoking to vaping, it is important to use the highest strength nicotine liquid and to use the vaping device as much as possible to prevent the need to smoke tobacco.
* Ideally a person that is vaping should ultimately try to stop vaping but not if this leads to relapse to smoking tobacco.
* The chances of successfully stopping smoking are increased by the support of a specialist team, please consider accepting ongoing support from our team.
* Our team will provide an initial package of a vaping device and liquids. If nicotine liquids or new devices are required after this period, these must be purchased by the individual.
* Only purchase vaping devices and liquids from licensed vendors who are regulated under the Tobacco and Related Products Regulations 2016. Illegal and illicit vaping liquids (often containing cannabis and an oil called vitamin E acetate) have been linked to a severe life-threatening lung illness. There have been no links to this illness with licensed nicotine liquids.

The vaping devices and liquids provided are not medicinally licensed. The team does not take responsibility for any adverse effects or product liability issues in the unlikely event that anything should occur. If you believe you have had an adverse reaction to vaping, you can report this to the MHRA via their Yellow Card scheme at **yellowcard.mhra.gov.uk.**

If you have any problems or concerns with the products we provide, our supplier takes full responsibility for all its products, and will be very happy for you to contact them through their website, [**www.totallywicked-eliquid.co.uk**,](http://www.totallywicked-eliquid.co.uk/) by phone on **01254 692244**, or by email at [**info@totallywicked.co.uk**](mailto:info@totallywicked.co.uk)

**Please sign below to say that you understand the information that has been given to you by your healthcare professional in relation to you using vaping products.**

**Your signature: Trained professional:**

**Date:**

1. *The Javed Khan review - time to make smoking obsolete*. (2024, September 29). The BMJ. <https://www.bmj.com/content/377/bmj.o1432/rr> [↑](#footnote-ref-1)