YOUR QUIT FIX GUIDE TO A SMOKE-FREE LIFE

THE QUIT FIX
“I’ll quit when I’m 35.”

“I’ll quit when I have kids.”

“I’ll quit. Someday.”

Sound familiar?

Some people call them excuses.

We prefer to think of them as your first step towards a smoke-free life.

Why?

These thoughts show that you have considered quitting and that you don’t see yourself smoking for the rest of your life. Just thinking about quitting is the first most important step.

So why wait until you’re 35?

Or when you have kids?

Or Someday?

Why not now?
Benefits of quitting?

How about the fact that the benefits of quitting set in OVERNIGHT?

All it takes is 8 hours for the effects of the healing process to kick in and this continues for years after that last cigarette.

**WITHIN 8 HOURS**
- Carbon monoxide level in your body drops
- Oxygen level in your blood increases to normal

**WITHIN 48 HOURS**
- Your chance of a heart attack decreases
- Senses of smell and taste improve

**WITHIN 3 DAYS**
- Breathing is easier as your bronchial tubes relax
- You feel more energised

**WITHIN 3 MONTHS**
- Blood circulation improves
- For men, sperm quality returns to normal
- For women, fertility improves
- Walking and aerobic exercise become easier

**WITHIN 6 MONTHS**
- Say goodbye to coughing, sinus congestion, tiredness and shortness of breath

**WITHIN 1 YEAR**
- Risk of smoking-related heart attack is reduced by 50%

**WITHIN 5 YEARS**
- Risk of mouth, throat and oesophageal cancer is halved

**WITHIN 10 YEARS**
- Risk of lung cancer is reduced by 50%
- Risk of bladder, kidney and pancreatic cancers also decreases

**WITHIN 15 YEARS**
- Risk of heart attack and stroke is equal to a person who has never smoked
It’s impossible to quit! Nonsense.

Quitting is a simple matter of pushing the right motivational buttons. To do that, you’ll first need to understand why you smoke.

Here are 3 main reasons why you smoke:

**IT’S IN YOUR MIND**

Bored? Smoke. Stressed? Need a smoke. Unhappy? That’s more reason to smoke. Happy? It’s the best time to smoke. You may be creating reasons to smoke as a convenient distraction or stress relief.

**IT’S A HABIT**

You feel that something is amiss without a stick after every meal or when you’re clubbing. That’s because smoking has become a habit you’ve associated with certain places, activities or even certain people.

**IT’S AN ADDICTION**

You wonder how something that feels so good could be so bad for you. That’s because the nicotine inside every stick of cigarette is as addictive as heroin or cocaine.
What motivates me to smoke?

Tick the sentences that apply to you:

- I can’t last half a day without smoking.
- I sometimes find myself smoking but can’t remember lighting up.
- I smoke to be more awake and think better.
- I need to smoke after every few hours.
- I think smoking is a great enjoyment.
- I enjoy the process of lighting up a cigarette e.g. tapping the cigarette and flicking the lighter.
- I need a cigarette as soon as I wake up in the morning.
- I enjoy smoking during my break or after a meal.
- I smoke when I’m angry or upset.
- I feel weak if I don’t smoke.
- I am less stressed after I have smoked.
- I feel uncomfortable without a cigarette in my hand.

See the next page to check what your responses mean.
The truth is out here

Tabulate your score by adding the ticks (✓) for each symbol and fill it in below to find out why you smoke. Knowing why you smoke will make it easier to quit successfully.

You may find yourself with similar scores for each – that’s normal. The highest score shows the main reason why you continue to smoke. Focus on dealing with it first.

<table>
<thead>
<tr>
<th>SYMBOL/SCORE</th>
<th>REASON</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>IT’S AN ADDICTION</td>
</tr>
<tr>
<td></td>
<td>That explains your continual need to smoke throughout the day as your body craves the nicotine in cigarettes.</td>
</tr>
<tr>
<td></td>
<td>IT’S ALL IN YOUR MIND</td>
</tr>
<tr>
<td></td>
<td>You need to smoke to perk yourself up or when you are stressed. The truth is – you only need to smoke because you think you do.</td>
</tr>
<tr>
<td></td>
<td>IT’S A HABIT</td>
</tr>
<tr>
<td></td>
<td>You have associated certain activities to smoking and it just “doesn’t feel right” when you don’t.</td>
</tr>
</tbody>
</table>
What motivates me to quit?

Now that you know why you smoke, let’s take a look at reasons why you shouldn’t. And it’s not just about health benefits.

Financial Benefits
Find out how much you can gain when you quit. Get a calculator. You’re going to need it.

Expenditure on cigarettes in:

1 week: $ \space \text{weekly}
1 year: $ \space \text{yearly}
(Multiply your weekly spending by 52 to know how much you spent in 1 year)
3 years: $ 
4 years: $ 

Emotional Benefits
Quitting smoking actually improves your mood and mental well-being because the fluctuating nicotine level in your body contributes to – not relieve – stress. So you don’t need cigarettes to make you feel good. You just need to quit.

Social Benefits
Show off a newfound sense of self-discipline and confidence by quitting. Say goodbye to that cigarette stench in your house, car, and on your breath. No more missing out on time with family and friends when you disappear for smoke breaks. You can enjoy all these and more simply by quitting smoking.
Are you ready to quit?

Write this down: I want to quit smoking because

1.

2.

3.

4.

5.

Let’s recap:
• You’ve considered quitting.
• You know why you smoke.
• You’ve listed reasons why you should quit.

Well done so far!
Just knowing this has increased your chances of quitting successfully.

So on a scale of 1 to 10, how motivated are you at the moment?

1 2 3 4 5 6 7 8 9 10

Not motivated at all 100% motivated

And if you were to stop smoking now, how confident are you of quitting successfully?

1 2 3 4 5 6 7 8 9 10

Not confident at all 100% confident
Honesty is the best policy

So how did you do on the motivational and confidence scale? Be honest with yourself, because quitting smoking is going to require your total commitment.

Still unsure?

Use our handy table to list your likes and dislikes about smoking and quitting.

If you have found strong reasons to quit smoking and feel ready to make the commitment, read on!

If you aren’t ready yet, think about it some more, talk to a friend or even call our QuitLine (page 19) and come back to this book in a week or a month’s time.
SUPPORT ME

You don’t have to quit alone. Various forms of support are available to increase your chances of quitting successfully.

A quit advisor or doctor can help you understand your smoking habits and advise you on the use of pharmacotherapy – the use of drugs to treat your addiction – such as nicotine replacement therapy and prescriptive drugs (page 10).

So why quit alone?
Below are some common quit methods. You can always speak to a quit advisor to help you select the best quit method for yourself.

*HIGHLY RECOMMENDED*

COLD TURKEY

Pick a date and stop smoking completely from that day onwards.
Sounds difficult? Many smokers have successfully quit using this method, so it’s a definite must-try!

Below are 2 other methods to help you quit, if you are unsuccessful with Cold Turkey.

COUNT DOWN

Reduce the number of cigarettes day by day, or even week by week. Aim to reach ‘0’ by a fixed time. Use a record sheet to monitor your progress.

DELAYING

Remember how you like to put off work to the last minute? This quit method uses the same principle, except you’re putting off your next puff. Postpone your cigarette break by an hour or more and progress towards being smoke-free for a whole day.
Pharmacotherapy, together with support from quit advisors can more than double your chances of quitting successfully.

To help fit your hectic lifestyle and needs, a variety of formats are currently available.

Non-Prescription Drugs

Nicotine replacement therapy (NRT) is the major group under this. It works by releasing small amounts of nicotine into your body to reduce your craving for cigarettes and allows your body to slowly cut down its dependence on nicotine.

You can get nicotine patches, gum, lozenges and inhalers from pharmacies without a prescription. As different people would require different doses, what worked for your friend might not work for you, so ask your family doctor or pharmacist for more information.

Prescription Drugs

These drugs do not contain nicotine but can help reduce your cravings and withdrawal symptoms. There are currently 2 types:

• Varenicline tablets
• Bupropion Hydrochloride tablets

Check with your doctor to find out what suits you best.
My ‘Quit Day’

Once you’ve decided on a quit method and the types of support you will need, pick a day to quit. But instead of consulting a fortune-teller, consult your schedule and choose a less stressful period to quit. This will make it easier to cope with the nicotine withdrawal symptoms.

**A WEEK BEFORE YOUR QUIT DAY**

- Decide on your quit method (page 9)
- Talk to a quit advisor and decide if pharmacotherapy is required (page 10, 19)
- Think of your 3 most important reasons for quitting (page 7)
- Review your plans on how to cope without cigarettes (page 13)
- Start reducing the number of cigarettes smoked

**A DAY BEFORE QUIT DAY**

- Throw away all ashtrays, lighters and cigarettes
- Train your mind to say ‘NO’ to cigarettes and tell yourself you can do it
- Rally your friends and loved ones to help you (page 14)

**QUIT DAY**

- Stop smoking completely
- Remind yourself of your reasons to quit whenever you are tempted to light a cigarette
- Call your support buddies or QuitLine whenever you need
This is war!

You know when you will quit and now you need a strategy to cope with the urge to smoke. Formulate your battle plan according to your motivation for smoking (determined on page 5). Here are some examples to get you started:

**IT’S AN ADDICTION**

- Spend more of your time in places where smoking is banned. Watch a movie at a cineplex, go window shopping in air-con malls, or catch up on your reading at the library.
- Stay away from other smokers and smoke-filled places.
- Consult your pharmacist or doctor on pharmacotherapy.

**IT’S ALL IN YOUR MIND**

- Instead of smoking to relieve stress or boredom, take up a sport, play it regularly and enjoy your newfound stamina.
- Try alternative ways to cope with stress, such as deep breathing exercises and other relaxation techniques.
- Treat yourself with the savings from cigarettes and take up that new hobby you’ve always wanted to, such as learning the guitar.
- You are now a non-smoker. Put up “No Smoking” signs!

**IT’S A HABIT**

- Keep your hands occupied with something else, such as surfing the Web or playing a computer game. For the more adventurous, try doing household chores.
- Keep your mouth busy with healthy snacks like fruits or low-calorie snacks instead of a cigarette.
My Battle Plan

Plan ahead to handle cravings more effectively. List down the times you smoke and come up with your own strategies to combat the urges.

<table>
<thead>
<tr>
<th>When do I have the urge to smoke?</th>
<th>Activity</th>
<th>Feelings</th>
<th>How can I fight the urge?</th>
</tr>
</thead>
<tbody>
<tr>
<td>7AM</td>
<td>Getting out of bed</td>
<td>Tired</td>
<td>Do stretching exercise</td>
</tr>
<tr>
<td>10AM</td>
<td>Preparing presentation</td>
<td>Stress!</td>
<td>Relax with deep breathing exercise</td>
</tr>
<tr>
<td>1PM</td>
<td>Lunch</td>
<td>Relaxed</td>
<td>Eat at smoke-free places/Eat with non-smoking colleagues</td>
</tr>
</tbody>
</table>

...
You are not alone

Forge alliances to win your battle against smoking. You already know how support from quit advisors can help you succeed. Now share your decision to quit with family and friends. If they are smokers, ask them to respect your decision to quit smoking. Their support can make a difference.

Here’s how they can help:

😊 As an Activities Buddy
Take up activities together that can help you relieve stress and keep your mind off cigarettes.

😊 As a Quit Buddy
Here’s your comrade-in-arms, a fellow smoker friend or friends who have pledged to quit together with you. Face the challenges together and share the success.

😊 As an Escort Buddy
Now there’s someone to accompany you to non-smoking places. This reduces the temptation to smoke, especially during the first few weeks of quitting.

😊 As a Motivational Buddy
He or she can offer constant encouragement, be it a phone call, SMS or email, to keep you motivated.

😊 As a plain ol’ Buddy
A good friend who will be patient and understanding even when you’re feeling irritable and moody due to nicotine withdrawal.

List the people you will ask to buddy up with you:

Name: ____________________________

Name: ____________________________

Name: ____________________________

Name: ____________________________

Name: ____________________________

Name: ____________________________
Surrender to withdrawal symptoms? **Never!**

Sounds ridiculous, but experiencing withdrawal symptoms is actually a good thing. Common during the first few weeks of quitting, withdrawal symptoms are positive signs that your body is recovering. Read on for some tips on how to cope with withdrawal and whatever you do, keep trying!

<table>
<thead>
<tr>
<th>Withdrawal symptom</th>
<th>What's happening?</th>
<th>How to cope</th>
</tr>
</thead>
</table>
| **Constant cravings** | As your body clears out the nicotine, you will feel a strong urge to replenish it, thanks to nicotine's addictiveness. | Follow the 4Ds:  
  - Distract yourself by doing something else  
  - Delay lighting up  
  - Deep breathing exercises  
  - Drink a glass of water or milk slowly |
| **Feeling irritable** | Your brain is adjusting to a nicotine-free life. |  
  - Do relaxation exercises  
  - Listen to soothing music  
  - Catch a movie (comedies preferred)  
  - Warn family and friends of potential irritability  
  - Do light exercises like brisk walking. This releases endorphins to lift your mood  
  - Take a whiff of peppermint oil or drink peppermint tea to calm nerves |
| **Having headaches** | Your brain is most likely adapting to the increased level of oxygen now available. |  
  - Get enough sleep  
  - Stay in quiet, relaxed surroundings  
  - Go easy on your eyes. Read and watch TV with the lights on. |
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<thead>
<tr>
<th>Withdrawal symptom</th>
<th>What's happening?</th>
<th>How to cope</th>
</tr>
</thead>
</table>
| Feeling Tired        | Nicotine is a stimulant that forces your body to feel awake. As your blood circulation improves, you will feel fresh without the need to smoke. | • Get enough sleep  
• Don’t tire yourself out  
• Do light exercises like brisk walking  
• Take small, regular meals to regulate your blood sugar level and boost your energy level  
• Replace coffee with ginger or herbal tea to perk up |
| Coughing             | Your lungs start to function properly again and are working to clear tar, dead cells and extra mucus accumulated from the cigarettes. | • Sip warm water  
• Suck on sugar-free cough drops |
| Tingling hands and feet | This is a sign that your blood circulation is slowly improving and more oxygen is getting to your fingers and toes. This will stop when your body adapts to the improved circulation. | • Go for hand and foot massages  
• Distract yourself with a walk or a novel  
• Do stretching exercises or yoga |
| Heavier Wallet       | It is a sure sign that you are saving more of your money.                          | • Save up for that item you’ve been eyeing |

If some of the symptoms become a little too much to bear, you may want to consider using pharmacotherapy (see page 10) to reduce the cravings. Approach your pharmacist or doctor for help on how to reduce the withdrawal symptoms.
Relapse Alert!

Slip-ups can and do happen but don’t be discouraged. Many people take 3 or 4 attempts to quit successfully, so try and try again. If you do relapse, understand the cause of every failure to increase your chances of success on your next quit attempt!

Watch out for the common causes of a relapse for the different smoking motivations:

**IT’S AN ADDICTION**
You may require a different dose or form of pharmacotherapy. Ask your pharmacist or doctor to re-evaluate your medication.

**IT’S ALL IN YOUR MIND**
It’s not the amount of stress but how you handle the stress.
Some healthy ways to manage stress include:
- Relaxation exercises and yoga
- Listening to your favourite music
- Pampering yourself with a hand, back or shoulder massage
- Relaxing with a soothing cup of warm herbal tea

**IT’S A HABIT**
Stay away from “dangerous” situations where you will feel tempted to smoke, such as after a meal or with smoking friends. Try to surround yourself with positive people who will help you quit.

Use the Battle plan on page 13 to help you identify danger points and coping strategies. You can also talk to the friendly quit advisors (page 19) to get more support.

**WEIGHT GAIN**
After quitting, food will seem tastier and you might indulge a little more than usual. Any resulting weight gain has been known to discourage some from quitting, but this weight gain is temporary. Also, not everyone gains weight when they quit.

Preventing weight gain is a simple matter of being smart about your food choices. Manage your weight by:
- Eating small, well-balanced meals throughout the day and not skipping meals
- Replacing high-fat and sugar-rich snacks with low calorie options such as fresh fruit or crunchy veggies
- Drinking at least 8 glasses of water daily
- Increasing physical activity. Just 30 minutes a day for five or more days a week
Relapse Alert!

Keep yourself going with these reminder tips:

- Try and keep to places where smoking is not allowed, such as cinemas and shopping malls.
- Gain the support of friends who smoke and get them to respect your decision to quit.
- Reward yourself! Treat yourself to something special for every week and month that you stay smoke-free. Go on, you deserve it.
- You gotta move it move it. Exercise helps release endorphins (happiness-inducing hormones) in your body to keep your spirits up.

Just 1 cigarette is all you need to get hooked again!

Motivate yourself with these real quit experiences!

Quitting smoking has saved me lots of money, so now I can indulge in my passion for fine dining.
I do get cravings from time to time, but quitting was so hard.
It’s not worth throwing it all away over one moment of weakness.

- Justin Lee, 22, ex-smoker

I thought I could quit whenever I wanted to, so I kept putting it off.
Then I overheard my son say he’d like to smoke, just like me, when he grows up.
I stayed away from cigarettes ever since.
Today, I’m glad to be a good example to him.

- Abdullah Kassim, 36, ex-smoker

I had been smoking for over 30 years and now that I’ve finally quit for good, I feel free to live life all over again!

- Lee Sheng Hong, 62, ex-smoker

Email your success stories and how ‘The Quit Fix’ has helped you to hpb_smoking_control@hpb.gov.sg. Your stories could be featured on www.hp.gov.sg/smoking. The best stories also stand a chance to win attractive goodie bags.
We're there for you with a range of services to help you along your quit journey.

Because we know it is not easy to quit smoking, support services have been integrated into primary healthcare settings, various non-governmental organisations and retail pharmacy chains.

In addition, HPB manages Quitline which is staffed by trained quit advisors who provide personalised support and advice on quitting smoking. Through this toll-free hotline, you can also request for free self-help print resources to be mailed to you. You can also sign up for SMS reminders with tips to quit by texting "Q4L" to 91380081.

Further help is available online through the Quit4life website at [http://www.hpb.gov.sg/smoking](http://www.hpb.gov.sg/smoking)

**QUIT SMOKING SERVICES**

Please call for enquiries or appointments.
Charges may apply.

- Singapore General Hospital
  Department of Respiratory & Critical Care Medicine
  Outram Road
  Singapore 169608
  T: 6321 4377

- Singapore Heart Foundation
  9 Blk 160 Outram
  Singapore 079747
  T: 6389 2077

- Institute of Mental Health
  Department of Pharmacy
  Buangkok Green Medical Park
  10 Buangkok View
  Singapore 39747
  T: 6389 2077

- National University Hospital
  Department of Pharmacy
  5 Lower Kent Ridge Road
  Singapore 119074
  T: 6772 5733

- Singapore Cancer Society
  Public Education
  15 Ender Street
  #04-01/04 Realty Centre
  Singapore 079716
  T: 6221 9578

- Clementi Polyclinic
  Blk 451 Clementi Avenue 3
  #02-307 Singapore 120451

- Hougang Polyclinic
  89 Hougang Avenue 4
  Singapore 538829

- Jurong Polyclinic
  190 Jurong East Avenue 1
  Singapore 609788

- Toa Payoh Polyclinic
  2003 Toa Payoh Lorong 8
  Singapore 319260

- Woodlands Polyclinic
  10 Woodlands St 31
  Singapore 738579

- Yishun Polyclinic
  100 Yishun Central
  Singapore 768826

**NATIONAL HEALTHCARE GROUP POLYCLINICS**

- Ang Mo Kio Polyclinic
  Blk 723 Ang Mo Kio Avenue 8
  #01-4138
  Singapore 567023

- Bukit Batok Polyclinic
  50 Bukit Batok West Avenue 3
  Singapore 659164

- Choa Chu Kang Polyclinic
  2 Teck Whye Crescent
  Singapore 688846

Call 6355 3000 to book an appointment at any of the NHG Polyclinics.

**SINGHEALTH POLYCLINICS**

- Bedok Polyclinic
  Blk 212 Bedok North Street 1
  #03-147
  Singapore 460212
  T: 6243 6753

- Bukit Merah Polyclinic
  Blk 163 Bukit Merah Central
  #04-3565
  Singapore 150163
  T: 6377 5225
Gaylang Polyclinic
21 Gaylang East Central
Singapore 389707
T: 6547 6930 / 6547 6947

Outram Polyclinic
3 Second Hospital Avenue
Level 2 Health Promotion Board Building
Singapore 168937
T: 6435 3412

Marine Parade Polyclinic
B1k 80 Marine Parade
#01-792 Singapore 440080
T: 6342 5027

Queenstown Polyclinic
8 Stirling Road
Singapore 148958
T: 6471 9537 / 6471 9538

Tampines Polyclinic
1 Tampines Street 41
Singapore 529203
T: 6587 7252 / 6786 4070

Pasir Ris Polyclinic
1 Pasir Ris Drive 4
#01-11
Singapore 519457
T: 6588 5417

Sengkang Polyclinic
2 Sengkang Square
#01-06 Sengkang Community Hub
Singapore 545025
T: 6315 3511 / 6315 3500

PHARMACY-BASED QUIT SMOKING SERVICES

NATIONAL HEALTHCARE GROUP PHARMACIES

Ang Mo Kio
Polyclinic Pharmacy
B1k 723 Ang Mo Kio Avenue 8
#01-4136
Singapore 560723
T: 6554 7462 / 6554 7480

Bukit Batok
Polyclinic Pharmacy
50 Bukit Batok West Avenue 3
Singapore 659164
T: 6896 2271 / 6896 1549

Choa Chu Kang
Pharmacy
2 Teck Whye Crescent
Singapore 688846
T: 6765 9647 / 6765 9648

Clementi Polyclinic Pharmacy
B1k 451 Clementi Avenue 3
#02-307
Singapore 120451
T: 6872 7137 / 6779 5945

Hougang Polyclinic Pharmacy
89 Hougang Avenue 4
Singapore 538829
T: 6489 8078 / 6489 8076

Jurong Polyclinic Pharmacy
190 Jurong East Avenue 1
Singapore 600788
T: 6865 6487 / 6966 6469

Toa Payoh Polyclinic Pharmacy
2003 Toa Payoh Lorong 8
Singapore 319250
T: 6354 7330 / 6364 7590

Woodlands Polyclinic Pharmacy
10 Woodlands Street 31
Singapore 738579
T: 6369 7024 / 6369 7026

Yishun Polyclinic Pharmacy
100 Yishun Central
Singapore 768826
T: 6757 7794 / 6757 7795

Prior appointment preferred to ensure availability of pharmacist

GUARDIAN QUIT CENTRES

Guardian Health & Beauty
Ang Mo Kio Central
Patient Care Centre
B1k 704 Ang Mo Kio Avenue 8
#01-2559
Singapore 560704
T: 6456 6766 / 6456 3455

Guardian Health & Beauty
Bedok Central
B1k 210 New Upper Changi Road
#01-715
Singapore 460210
T: 6444 0072

Guardian Health & Beauty
Causway Point
No. 1 Woodlands Square
#B1-27/30 Causway Point
Singapore 738079
T: 6894 3014

Guardian Health & Beauty
Compass Point
Patient Care Centre
No. 1 Sengkang Square
#B1-32/35 Compass Point
Singapore 540578
T: 6315 9031

Guardian Health & Beauty
Funan IT Mall
109 North Bridge Road
#01-28/29 Funan The IT Mall
Singapore 179097
T: 6338 3903

Guardian Health & Beauty
Geylang Serai
15 Tanjong Katong Road
#01-00
Lion City Hotel
Singapore 436950
T: 6744 6970

Guardian Health & Beauty
Great World City
Patient Care Centre
1 Kim Seng Promenade
#B1-18/19 Great World City
Singapore 237994
T: 6235 4037 / 6836 4905

Guardian Health & Beauty
IMM
2 Jurong East Street 21
#01-57
Singapore 609601
T: 6566 7660

Guardian Health & Beauty
Hougang
B1k 205 Hougang St 21
#01-129
Heartland Mall - Kovan
Singapore 530205
T: 6487 4580

Guardian Health & Beauty
Jurong Point
63 Jurong West Central 3
#B1-27/28
Singapore 648886
T: 6794 0501
WATSON’S QUIT CENTRES

Watson’s Pharmacy
Parkway Parade
80 Marine Parade Road
#B1-14/15/16 Parkway Parade
Singapore 449269
T: 6440 4923

Watson’s Pharmacy
Ngee Ann City
391 Orchard Road
#B2-06/09
T: 6733 2437

Watson’s Pharmacy
Toa Payoh Central
Blk 190 Toa Payoh Lorong 6
#01-510
Singapore 310190
T: 6259 1334

Watson’s Pharmacy
Parco Bugis Junction
200 Victoria Street
#02-27-33
Parco Bugis Junction
Singapore 188021
T: 6338 8154

Watson’s Pharmacy
Far East Plaza
14 Scotts Road
Far East Plaza #02-43
Singapore 228213
T: 6735 0540

Watson’s Pharmacy
Bedok Central
Blk 211
New Upper Changi Road
#01-735 / 737
Singapore 460211
T: 6246 0873

Watson’s Pharmacy
Compass Point
1 Songkang Square
Compass Point #02-12
Singapore 545078
T: 6881 6209

Watson’s Pharmacy
IMM Building
Jurong East Street 21
IMM Building 2 #01-53
Singapore 609601
T: 6566 8465

Watson’s Pharmacy
Lucky Plaza
304 Orchard Rd #B1-27/41
28/40, 29/39 & 30 Lucky Plaza
Singapore 238663
T: 6736 0966

Watson’s Pharmacy
Marina Square
6 Raffles Boulevard
Marina Square #02-212
Singapore 039594
T: 6334 2461

Watson’s Pharmacy
Jurong Point
1, Jurong West Central,
#B1-12/13
Jurong Point
Singapore 648886
T: 6790 8773

Watson’s Pharmacy
Vivo City
1 HarbourFront Walk
#B2-17 Vivo City
Singapore 098585
T: 6376 9430

Watson’s Pharmacy
North Point
930, Yishun Ave 2
#B1-64/65/66/67
Northpoint Shopping Centre
Singapore 769098
T: 6753 3036

Watson’s Pharmacy
Tiong Bahru Plaza
302, Tiong Bahru Road
#01-19/20 Tiong Bahru Plaza
Singapore 168732
T: 6271 6897

Watson’s Pharmacy
Raffles City
252 North Bridge Road
#B1-42 Raffles City
Singapore 179103
T: 6334 2462

*Duration of counseling session may vary

Information is correct at time of printing on February 2009.