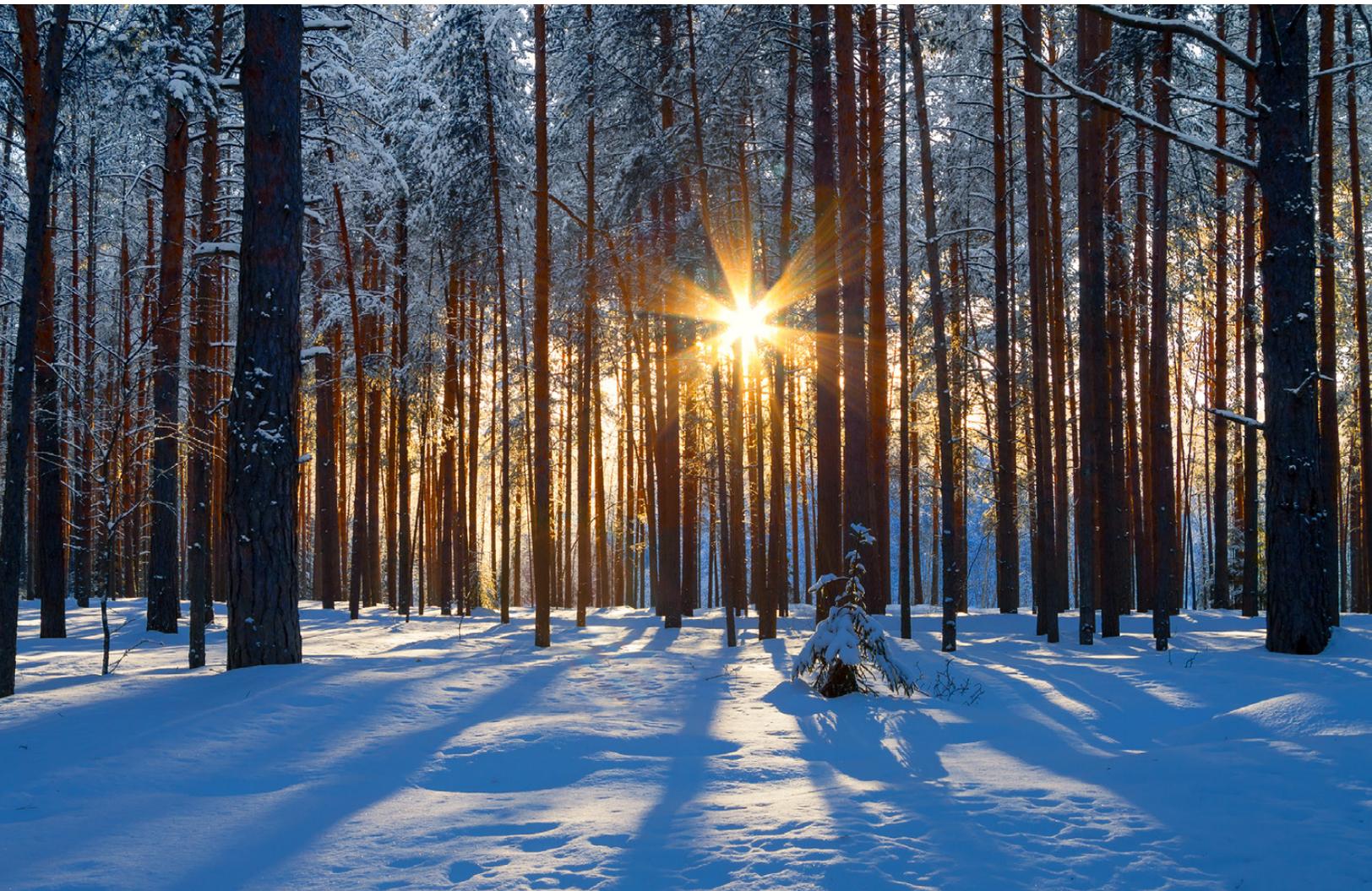




Nicotine Dependence 5-Day Intensive Tobacco Treatment

Program Guidelines



Welcome

Welcome to the Mayo Clinic Nicotine Dependence Intensive Tobacco Treatment Program. This five-day program will address your dependence upon tobacco, combining the best research in human behavior and medicine to help you quit. The Program is designed to provide you with the tools you need to live a tobacco-free life. Classroom lectures, group therapy and individual therapy are all a part of your treatment, but the effectiveness of the treatment is dependent upon what you bring to the program. The investment of your energy, focus, and commitment will play just as much of a role in your success as any formal therapy we can offer you, so come prepared to work!

WHO WILL HELP YOU

Care Team

Each Program is staffed by a care team consisting of tobacco treatment specialists, physician and/or nurse practitioner. While you will have regular contact with each member of this team, one of the tobacco treatment specialists will serve as your primary counselor. That tobacco treatment specialist will work closely with you to ensure the clinical treatment you receive addresses your individual needs and best prepares you for life after the program. Should you have any questions or concerns during the week, you are encouraged to bring them to the attention of your primary counselor.

Special Needs

Please address specific needs or concerns with your primary counselor at any time during the week. He/she can help answer questions, solve problems or refer you to the appropriate resource including issues concerning family, personal, medical, and dietary needs.

Medical Needs

Requests for additional appointments outside of the 5-Day Intensive Tobacco Treatment Program can be requested by calling 1-507-266-5800.

WHAT YOU CAN EXPECT

Personal Care Independence

All patients must be able to perform personal care independently including toileting, bathing, dressing, eating, and taking/administering medications.

Respectful Dress/Behavior

When choosing to enter this program, you become an important part of the treatment process not only for yourself but for every member of your group. To make the environment as pleasant and supportive as possible, modest dress and decorum are expected. Offensive language, off-color humor, and/or prejudicial behavior are not acceptable and can result in dismissal from the Program without reimbursement of the Program fee.

Carbon Monoxide Testing (CO)

To help you see the physical benefits and to ensure accountability, carbon monoxide testing will take place daily.

Attendance at Sessions

The benefit you gain from our treatment and educational sessions is proportional to the energy you put into it. Our goal is for you to take to heart what you learn in this program and apply it to your own life. To facilitate this learning process, all patients are expected to attend all scheduled sessions.

WHAT YOU SHOULD BRING

Prescription Medications

Please be certain to bring with you an adequate supply of all of your regular prescription and nonprescription medications, in their original containers.

Insurance Card(s)

Other

- Tennis shoes or comfortable walking shoes
- Pillow (optional)
- Swimsuit (optional)
- Workout clothing (optional)



WHAT IS RESTRICTED

Tobacco Use

No tobacco product or e-cigarette use will be permitted. Only FDA approved oral nicotine replacement medication for nicotine dependence are allowed into the treatment program. This does not include Zyn.

Alcohol Use

There is a strong correlation between alcohol and relapse to tobacco. To assist you to stop using tobacco, use of alcoholic beverages will not be permitted at any time during your participation in the program.

Cannabis Use

Recreational cannabis is not allowed. Medical cannabis use by combustible or vaporized means is not allowed. Medical cannabis in the form of pills, topical, or sublingual dropper may be used **with a signed statement by the certifying physician** who is certified in the state of Minnesota.

WHERE YOU WILL STAY

Lodging

Participants will stay in a designated hotel in close proximity and accessible to Mayo Clinic by subway. Once confirmed into the program, you will be provided the hotel name and address. The cost of the hotel is an additional expense.

Meals

Lunch

Meals are on your own. The cafeteria offers many healthy choices but is often very busy. You will be provided a list of options upon check in. These options are all walkable, quick-serve options which will allow you time to enjoy your lunch and return ready for the afternoon sessions.

Dinner

Again, on your own. We encourage you to “buddy up”. This is a great way to get to know others in the program and provide and receive support outside of the structured daily program.

WHAT ELSE DO YOU NEED TO KNOW

Parking

The Mayo Clinic Graham Parking Ramp is located at 1st St. NW and 3rd Ave. NW. You may purchase a five-day pass from the parking ramp attendant.

The hotel offers covered parking for a fee.

Valuables

You are responsible for all of your personal property. Mayo Clinic and the Nicotine Dependence Center cannot be responsible for personal items.

We look forward to working closely with you in this very important and personal journey. Should you have any questions before or during the program please do not hesitate to contact any of our staff at (507) 266-1930. We want your treatment experience to be a successful one and will do our best to make it so. Thank you for choosing the Mayo Clinic Nicotine Dependence Center Intensive Tobacco Treatment Program.

Scholarships

A limited number of scholarships for the Intensive Tobacco Treatment Program are available for patients who qualify for financial assistance. If you are interested in making a donation to support a person’s participation in the Intensive Tobacco Treatment Program, please talk to the Program Coordinator.

[mayoclinic.org](https://www.mayoclinic.org)

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