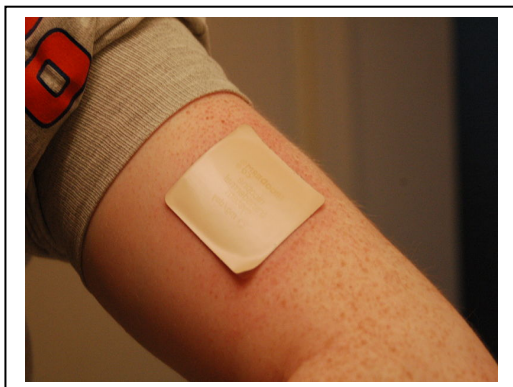


## Patches

**24-hour patches come in three strengths:  
21mg, 14mg & 7mg**

Once the correct dose is advised and prescribed:

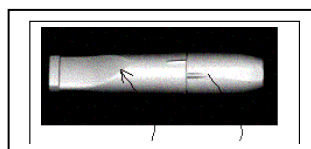
- The patch is applied to a clean, dry hairless area of skin and removed at the end of the day (*16 hours*) or replaced the next day (*24 hours*).
- Allow skin to dry for 10 minutes after showering before applying patch.
- It is advisable to change sites on a daily basis e.g. from left upper arm to right upper arm, to avoid skin irritation.
- If sleep disturbance occurs, take the patch off at night.
- Patches should be used for at least 8 weeks and can also be used together with other NRT choices.
- Although it is not necessary to wean off the patches, some people may wean down by reducing the dose.



## Lozenges

**Come in two strengths: 1mg & 2mg**

- Suck until taste becomes strong.
- Park between the cheek and gum.
- Suck again when taste has faded.
- Park again and continue as above until lozenge is finished.
- When parking the lozenge it is important to use both right and left cheeks.
- Avoid drinking fluids when using the lozenge.



## Inhalator

- Puff on the inhalator for 20 minutes each hour (or what suits you) and replace the cartridge every 3-4 hours.
- If you are using less than this the cartridge will last longer.
- In cold weather it is advisable to keep the inhalator warm so the nicotine vapour can be released.

## Gum

**Comes in two strengths: 4mg & 2mg**

- Chew each piece slowly to release the nicotine.
- When you taste a hot peppery flavour, park the gum.
- Park the gum between cheek and gums to allow nicotine absorption.
- After a few minutes the gum can be chewed again, then parked.
- This is to be repeated for twenty to thirty minutes.
- When parking the gum it is important to use both right and left cheeks.
- Use only one piece of gum at a time
- Please dispose of used gum with care.
- Avoid drinking fluids when using the gum.



## Remember:

\*Nicotine replacement therapy is extremely safe.

\*It reduces the severity of withdrawal symptoms.

\*It doubles your chances of long-term abstinence if you do decide to quit.

To deal with cravings, remember **the 4Ds:**

**Delay** *Pause, don't open a pack or light up a cigarette. After a few minutes, the urge to smoke will pass.*

**Deep breathe** *Take a long, slow breath in, and then breathe out slowly. Repeat three times.*

**Do something else** *Take your mind off smoking by taking action – put on some music; go for a walk; ring a friend; keep your hands busy.*

**Drink water** *Sip water slowly, holding it in your mouth for a few moments to enjoy the taste and freshness.*

# How to use NRT (Nicotine Replacement Therapy)

