

Nicotine Replacement Therapy

Using the Nicotine Patch, Gum, and Lozenge

www.quitlinenc.com

What it is:

Nicotine replacement therapy (NRT) replaces the nicotine you normally get from tobacco (cigarettes, vaping/e-cigarettes, snuff/chewing tobacco) with something safe like the nicotine patch, gum or lozenge. These products help you get past cravings while you learn how to live life tobacco-free.

Nicotine replacement therapy **works**:

People who use nicotine replacement therapy along with counseling to help them quit are twice as likely to quit for good than people who try to quit without help.

Nicotine replacement therapy is **safe**:

Getting nicotine from the patch, gum or lozenge is safe. Using cigarettes, e-cigarettes (such as JUUL), or chewing tobacco/snuff is not safe. Nicotine is the addictive part of any form of tobacco, but it is not the most dangerous part. There are poisons in all forms of tobacco (including e-cigarettes) that can make you sick or could even cause cancer.

Nicotine replacement therapy does not cause heart attacks or strokes. If you want to avoid having a heart attack or stroke, the best thing you can do is stop using tobacco. Nicotine replacement therapy helps you do that.

Nicotine replacement therapy is **not addictive**:

The nicotine patch, gum, and lozenge give you nicotine in a way that is not addictive. These products are absorbed slowly into your body through your skin or your cheek, instead of quickly through your lungs. The nicotine patch, gum, and lozenge don't give you the same pleasant feelings as tobacco... and that's the point. Instead, they help you control your cravings in a non-addictive way.

It is rare for anyone to get too much nicotine from the patch, gum, and lozenge. Even when used together, they often don't give you as much nicotine as you would get from using tobacco or e-cigarettes.

Eventually, you will be confident enough in being tobacco-free that you will stop using nicotine replacement therapy. However, it's important to use it long enough (usually three months, or longer) to feel comfortable living tobacco free.

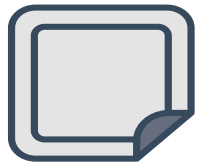
If you slip up and use tobacco while on nicotine replacement therapy... **That's OK!**

If you slip and smoke, chew, dip or vape while on nicotine replacement therapy, that doesn't mean it isn't working or that you should take the patch off. You might find that you smoke less on the nicotine patch, which is a step in the right direction. Talk with your healthcare provider or Quit Coach/counselor about your slip. They can help you come up with a plan to stay on track in the future.

How to use Nicotine Replacement Therapy

Nicotine patch & nicotine gum OR lozenge work best when used TOGETHER

Using the nicotine patch together with either nicotine gum or the nicotine lozenge makes it more likely you will be tobacco-free for good. The nicotine patch fights your cravings all day. However, some situations – like after a meal – may trigger you to want to use tobacco. That’s when it’s good to have your nicotine gum or lozenge handy. These products will help you avoid tobacco even in tough situations.

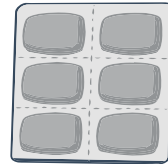


Nicotine Patch

- Apply the patch at about the **same time** every day to clean, dry, hairless skin. Be sure to throw out your old patch.
- **Move the spot** where you put the patch each day.
- **Don't use creams or lotions** on the skin where you put the patch because they may cause the patch not to stick.
- Apply a new patch on a **different spot** if one falls off.
- If you have mild itching or redness where you put the patch, apply a little **hydrocortisone cream** on it. Call your health care provider or Quit Coach if you get a rash two or more inches beyond the patch.
- If you have vivid dreams or can't sleep with the patch on, **remove the patch at bedtime** and apply a new one in the morning.

Side effects include: mild itching or redness at the point of application, headache, trouble sleeping, vivid dreams

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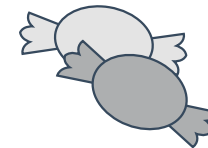


Nicotine Gum

- **Slowly chew one piece** of gum until you notice a peppery taste or feel a slight tingling in your mouth.
- Stop chewing and **put (“park”) the gum between your cheek and gum**. When the taste or tingling is almost gone, chew the gum again until you taste it.
- Continue chewing and “parking” the gum in different places for about **30 minutes to get the full dose**.
- **Do not chew too fast** or chew more than one piece at a time.
- Do not drink acidic beverages, such as citrus fruit juices, coffee, soft drinks, or tea **within 15 minutes before or while chewing a piece of gum**.

Side effects may be: mouth/jaw soreness, hiccups, sore throat, and if the gum is not chewed right: nausea or vomiting, lightheadedness

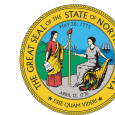
OR



Nicotine Lozenges

- Put the lozenge between your cheek and your gum, let it **slowly dissolve** for 20-30 minutes.
- **Do not bite or chew** the lozenge like hard candy. Do not swallow the lozenge. Try not to swallow most of the dissolved medicine, the nicotine absorbs into your cheek.
- Move the lozenge occasionally to **different spots** in your mouth.
- **Do not eat or drink** for 15 minutes before using a lozenge.

Side effects include: nausea, mouth irritation, sore throat, trouble sleeping



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