

Things to remember when using the patch:

- Mild itching, burning and tingling are normal in the first hour of wearing the patch.
- Do not use more than one nicotine patch at a time unless ordered by your physician, pharmacist or health care team member. Using more than one would increase your risk of experiencing side effects.
- Do not cut or trim patches. This will interfere with how the nicotine is released from the patch. Only use the nicotine patches as directed.
- If you find yourself still craving cigarettes while using the patch, speak with your doctor or pharmacist to see what options are available to you.

What are the common side effects of using the patch?

- Headaches
- Cold or flu-like symptoms
- Dizziness
- Anxiety
- Sleep problems
- Vivid or abnormal dreams
- Stomach upset
- Mild itching, burning and tingling are normal in the first hour of wearing the patch
- Redness of the skin when the patch is removed

Note: Remove the patch and consult your doctor if you experience chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach upset while using the patch.

Important: it is important to complete treatment. If you feel you need to use Nicotine Replacement Therapy for a longer period to keep from smoking, talk to your health care provider.

Nicotine Replacement Therapy

Nicotine Patches



The patch only contains nicotine and none of the other toxins that are in tobacco smoke. The patch sticks to your skin like a bandage, providing a slow and steady release of nicotine into your system to help reduce withdrawal and cravings.

Advantages of using the patch:

- Easiest to use of the available NRT products.
- Useful for heavier smokers who need steady release of nicotine.
- Designed to temporarily replace some of the nicotine that cigarettes would normally supply and thus reduce the symptoms of nicotine withdrawal such as cravings, irritability and anxiety.
- You can choose the strength of the dosage. This is dependent on the number of cigarettes you smoke per day. See center section for suggested dosages or talk to your doctor or pharmacist about dosage.

Consult your pharmacist or physician prior to using the patch if the following apply to you:

- Treated for heart condition, experiencing angina
- Treated for stomach issues or having stomach pains
- Hyperthyroidism
- High blood pressure
- Allergies to medications
- Diabetes requiring insulin
- Kidney or liver problems
- Respiratory conditions such as but not limited to asthma, COPD or taking medication for lungs
- Treated for peripheral vascular disease
- Treated for cerebral vascular disease

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# of cigarettes per day	First Month Weeks 1-6	Month 2 Weeks 7-8	Month 3 Weeks 9-10
10 or fewer	Start with (Step 2 : 14 mg)	Step down to lower strength (Step 3 : 7 mg)	Continue or stop using the patch completely.
More than 10	Start with (Step 1 : 21 mg)	Step down to lower strength (Step 2 : 14 mg)	Step down to lowest strength (Step 3 : 7 mg)
		Dose of Patch	Dose of Patch

How to APPLY the Patch:

- Open the patch wrapper immediately prior to usage, as it will lose the nicotine contained if opened well before use.
- If applicable, remove the old patch prior to putting on the new one and safely discard in garbage out of reach from children and pets.
- Peel the liner off the back of the new patch.
- Place on a non-hairy, clean, dry area of skin (such as the upper arm, hip, back or shoulder) and free of creams, lotions, oils or powder. Women should avoid placing the patch on their breasts.
- Press firmly for 10-20 seconds, especially along the edges.
- Wash your hands with water only after applying.

The patch should be worn for approximately 24 hours and then removed and discarded. Do not leave it on for more than 24 hours as it may irritate your skin and it loses its strength. Replace your patch at the same time each day to help you to remember to change it.

In order to avoid skin irritation, use a different spot for the patch each day. The same area should not be used again for at least one week.



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