

## Nicotine Replacement Therapy

There are 6 Products of Nicotine Replacement Therapy available on prescription or to buy over the counter

Generally you should NOT smoke at the same time as using any of the Nicotine Replacement Products

Correct use of NRT can double your chance of quitting successfully

Using NRT in pregnancy is considered to be safer than continuing to smoke for the mother and the baby, and can be used after consultation with a Health Care Professional if it is considered that the woman would be unable to quit smoking without its use

- If you have any concerns, anxiety or
- Use the patches for at least 3 months, 4-6 weeks at the high strength and 4-6 weeks at the low strength

### Side effects

Occasional skin irritation, if it side effects with any of the NRT products, please consult the prescriber

Always read the enclosed patient information leaflet

### Nicotine Replacement Patches

- Available in 16hr and 24hr preparations
- Available in high, medium and low strength
- The 16hr patch is applied in the morning and removed when going to bed
- The 24hr patch is worn through the night, if it is your habit to have a cigarette within an hour of getting up you need to consider this patch
- Apply a new patch to a new site each day to clean, dry, unbroken and preferably hairless skin. If it does not resolve in a few days then try a different brand or a different form of NRT
- Headaches
- Dizziness
- Nausea

### NRT Gum

- Available in 2 strengths 2mg and 4mg and in different flavours
- If it is your habit to smoke within an hour of getting up you require the 4mg strength
- Each piece should be chewed VERY slowly until the flavour is felt in the mouth the gum should then be rested in the cheek until it is required again
- Each piece should last about 30 minutes
- Use 10-15 pieces a day on demand for a 3 month period – reducing the number of pieces used over the last 4-6 weeks

#### **NRT Lozenges**

- Available in 1mg, 2mg and 4mg strengths
- Use the 4mg strength if you need to smoke within 1 hour of getting up
- Allow the lozenge to dissolve in the mouth over a period of 20-30 minutes
- Do not eat or drink at the same time as using a lozenge
- A minimum of 9 and a maximum of 15 lozenges can be used each day over a period of 3 months – gradually reducing the number used over the last month

#### **NRT Sublingual Tablets**

- Available in 2mg strength
- Place the microtab under the tongue and allow to dissolve over 20 minutes – do not chew, suck or swallow
- Use 15-20 microtabs each day for 3 months – gradually reduce the number used over the last month

#### **NRT Inhalator**

- The inhalator has the appearance of a cigarette holder
- Useful for those who miss the ritual of the hand to mouth movement
- Use shallow or deep puffing in response to demand
- Each cartridge will last about 90 minutes with 6-12 cartridges being used each day for about 8 weeks, gradually reducing the number of cartridges used over 4-6 weeks
- The inhalator needs to be at about body temperature to work effectively – it is less effective at a cold temperature

#### **Side effects of all oral preparations**

- Cough
- Throat irritation
- Wind/Gastric disturbance
- Stinging in the mouth
- Continued use after 6 months – change to using the patches for 3 months – 1 month at high, 1 month at medium and 1 month at low strength
- NRT Gum has an unpleasant taste if chewed too quickly
- Avoid fizzy drinks prior to or during use

#### **NRT Nasal Spray**

- Fastest acting Nicotine Replacement Therapy – very useful for the very heavy smoker
- One puff into each nostril every hour as required for 2 months, gradually reducing the number of puffs used over the last month

#### **Side effects**

- Nasal irritation
- Watery eyes
- Throat irritation
- Headaches
- Dizziness

The nasal spray should not be used when driving or operating machinery.