










## Nicotine Replacement Therapy (NRT) Client Information

Nicotine is in tobacco and it is only nicotine that is addictive and makes you want to smoke. Cigarettes contain over 7,000 dangerous chemicals including; tar, arsenic and cyanide. It is these chemicals which can cause cancer, heart disease, bronchitis and other smoking-related health problems.

When you stop smoking, your body still has a 'need' for nicotine, which creates an urge to smoke again. You may suffer nicotine withdrawal effects such as irritability, loss of concentration, and sleepless nights. By taking nicotine in a 'clean form' (NRT), withdrawal symptoms are reduced, so it is easier to stop smoking and you are twice as likely to be successful in staying quit.

Nicotine replacement reduces the cravings to smoke, however it doesn't completely remove the desire to smoke and good planning to help change your daily habits is still needed. Nicotine replacement therapy is usually taken for 8-12 weeks after quitting smoking.

	<p><b>Nicotine Patch</b></p> <ul style="list-style-type: none"> <li>• Start using the patches first thing in the morning</li> <li>• Use one patch every day</li> <li>• Take the old patch off before putting the next one on</li> <li>• Put the patch on a different area of clean, dry skin each day</li> <li>• Common places to put your patch are your upper arm, upper torso &amp; hip.</li> <li>• Avoid putting patches on broken / scarred skin, hairy or tattooed skin</li> <li>• To dispose of patches, fold the used patches in half with the sticky side inside, wrap them up and place them in a bin out of reach of children</li> </ul>
	<p><b>Nasal Spray</b></p> <ul style="list-style-type: none"> <li>• Gives fast relief to heavy smokers</li> <li>• One spray should be administered to each nostril (this is one dose)</li> <li>• Use once or twice an hour as required. Maximum of 64 sprays a day</li> <li>• The nicotine is absorbed through the lining of the nasal passages</li> <li>• Nasal spray should be used for the recommended 12 weeks, but not for more than six months</li> <li>• May cause nasal irritation, sneezing, watering eyes and coughing at first</li> </ul>
	<p><b>Quick Mist</b></p> <ul style="list-style-type: none"> <li>• Gives relief from cravings in 60 seconds</li> <li>• Spray once away from body (it will come out as a single jet the 1st time) and then spray 'mist' directly into the mouth</li> <li>• Spray mist into the side of your mouth or under the tongue</li> <li>• Use one or two sprays to the mouth as required. Do not exceed 2 sprays per dose</li> <li>• Up to 4 sprays per hour may be used. Do not exceed 64 sprays in any 24 hour period</li> </ul>
	<p><b>Microtab</b></p> <ul style="list-style-type: none"> <li>• Do not use more than 40 microtabs a day</li> <li>• The microtab should be placed under the tongue and be allowed to dissolve (this will take about 15-20 mins).</li> <li>• Avoid chewing or swallowing it</li> <li>• The nicotine is absorbed through the lining of your mouth.</li> <li>• Avoid eating or drinking for 15 minutes before, during or after using as some beverages can reduce its effectiveness</li> </ul>

	<p><b>Nicotine Gum</b></p> <ul style="list-style-type: none"> <li>You can use up to 15 pieces of gum per day</li> <li><b>CHEW AND REST:</b> Chew the gum slowly until the peppery taste becomes strong. Then stop chewing and rest the gum against the inside of your cheek. When the taste starts to fade start chewing the gum slowly again until the taste becomes strong, then rest the gum again, swapping cheeks.</li> <li>Keep “chewing and resting” the gum for about 20 – 30 mins per piece, until the gum no longer has any taste, and discard it</li> <li>The nicotine is absorbed through the lining of the mouth, so resting the gum between your gum and cheek is very important to ease the craving effectively</li> <li>Be careful not to swallow the gum</li> <li>Be careful not to chew the gum continuously, this may give you a stomach ache and would not ease the craving</li> <li>Avoid eating or drinking for 15 minutes before, during or directly after using the gum, as some beverages can reduce its effectiveness</li> </ul>
	<p><b>Nicotine Inhalator</b></p> <ul style="list-style-type: none"> <li>Place a cartridge into your inhalator by lining up the white raised marks on each side of the inhalator</li> <li>Take small puffs on the mouthpiece until you can taste the nicotine</li> <li>Puff on the inhalator until your craving eases, typically between 5-10 puffs</li> <li>You can continue to use an inhalator cartridge until there is no more taste</li> <li>Usually one cartridge lasts for approximately 20 mins (10mg) / 40 mins (15mg) of heavy use</li> <li>Nicotine vapour that passes through and is held in the mouth is absorbed through the lining of the mouth.</li> <li>You can use up to 12 cartridges (10mg) / 6 cartridges (15mg) per day</li> <li>On cold days you may find that you have to work harder to get the same amount of nicotine from the inhalator as you get on warmer days. Keep in the palm of your hands for a few minutes to warm up if necessary.</li> <li>The mouthpiece of the inhalator should be cleaned several times a week by rinsing in water</li> </ul>
	<p><b>Mini-Lozenge</b></p> <ul style="list-style-type: none"> <li>One mini-lozenge to be rolled around the mouth until fully dissolved</li> <li>This should take around 10 minutes. The lozenge should not be chewed or swallowed whole</li> <li>Maximum 15 mini-lozenges can be used a day</li> </ul>
	<p><b>Cools Lozenge</b></p> <ul style="list-style-type: none"> <li>One cools lozenge to be rolled around the mouth until dissolved fully</li> <li>Dissolves in 10-20 minutes. The lozenge should not be chewed or swallowed whole</li> <li>Maximum of 15 mini-lozenges daily</li> </ul>
	<p><b>Regular Lozenge</b></p> <ul style="list-style-type: none"> <li>One lozenge should be placed in the mouth and allowed to dissolve</li> <li>Periodically, the lozenge should be moved from one side of the mouth to the other to rest against the side of the cheek. This should be repeated, until the lozenge is completely dissolved (approximately 20 – 30 minutes).</li> <li>Do not chew or swallow whole</li> <li>You can use up to 15 lozenges (2mg or 4mg tablets) OR 30 lozenges (1mg tablets)</li> <li>Avoid eating or drinking for 15 minutes before, during or directly after using, as some beverages can reduce its effectiveness</li> </ul>