Nicotine Replacement Therapies:

**Gum**

- Use one piece every 1-2 hours for the first 6 weeks of your quit attempt. Ideally to use one piece at least every two hours on a schedule following a timer or an alarm as a reminder (may increase to every 1.5 hours then to every 1 hour is needed and tolerated. If that is not possible you might use them when you think likely to get a craving for a cigarette, and then use a piece of gum before the craving happens. To ensure that your body gets enough nicotine to ease the withdrawal symptoms you may be feeling, it is best to use at least 6-8 pieces of gum per day for the first 6 weeks.

- If you are using the gum along with the nicotine patch. Do not use more than 24 pieces of gum per day. Following 6 weeks of use, you can reduce use to 1 piece every 2-4 hours, and then 1 piece every 4-8 hours.

- If you use fewer than 10 cigarettes per day, or do not smoke every day, talk with your doctor or other healthcare provider about dosing. They may want you to start on a lower dose and use the gum less frequently.
NRTs: Gum (continued)

- Do not eat or drink for at least 5 minutes before, during use or after. Food and drinks that are acidic, such as soda and coffee, can stop the gum from absorbing in the liners of the mouth as well.

- Nicotine gum is not like regular chewing gum. To use it correctly, you need to alternate between chewing and parking it; ideally, bite down and chew slowly on the gum for few seconds (5-15 seconds) or until you feel a tingling in your mouth. Then “park” the gum between your teeth or the inside of your cheek and your gums. Hold it for few seconds (5-15 seconds) to let the nicotine absorb through your mouth and into your body. Then repeat this “chew” and “park” process for about 15 and up to 30 minutes, occasionally changing where you “park” the gum in your mouth is recommended.

- Keep out of reach of children and pets. Nicotine gum, lozenges, and patches – even used patches – may have enough nicotine to make children and pets sick. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).
Nicotine Replacement Therapies:

Lozenges

- Use one piece every 1-2 hours for the first 6 weeks of your quit attempt. Ideally to use one piece at least every two hours on a schedule following a timer or an alarm as a reminder (may increase to every 1.5 hours then to every 1 hour is needed and tolerated. If that is not possible you might use them when you think likely to get a craving for a cigarette, and then use a lozenge before the craving happens. After 6 weeks of use, you can reduce use to 1 lozenge every 2-4 hours, and then 1 lozenge every 4-8 hours.

- Do not use more than one lozenge at a time, and do not use one lozenge right after another.

- Do not eat or drink for at least 5 minutes before or after using the lozenge, or while the lozenge is in your mouth.
NRTs: Lozenges (continued)

- Nicotine lozenges are not like regular lozenges. To use properly, put the lozenge in your mouth between your gums and your cheek. You may feel a warm or tingling sensation. Allow the regular lozenge to dissolve slowly over 20-30 minutes (10-15 minutes for the mini-lozenges), moving it around every so often from one side of your mouth to the other. Do not chew, suck, or swallow it as nicotine is absorbed in the mouth and it does not get absorbed once it gets to the stomach.

- Keep out of reach of children and pets. Nicotine gum, lozenges, and patches – even used patches – may have enough nicotine to make children and pets sick. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).

Call or Text “BETTER” to 346-516-3177 to learn more from our Tobacco Treatment Specialists.
Nicotine Replacement Therapies:

**Patch**

- For best results, make sure you start on the right dose. The nicotine patch comes in three strengths (7 mg, 14 mg, 21 mg). The right dose for you depends on how much you currently smoke. If you smoke more than 10 cigarettes per day, consider starting on the 21 mg patch. Don’t wear two patches at once unless directed to do so by your healthcare provider. Over time (typically after 8 to 12 weeks), you should lower the dose with the goal of stopping use of the patch completely.

- The nicotine patch is typically worn for 24 hours. The patch can even be worn when showering or bathing. When you wake up, take off the old patch, wash the area or shower then put a fresh patch on clean skin and wear it for a full 24 hours. If you find that you are having vivid dreams or that your sleep is disturbed, you can take the patch off before bed and put a new one on the next morning.

- Put the patch on clean, dry, hair-free skin on the upper body. Usual places to put the patch are the upper chest, upper arm, shoulder, back, or inner arm. Avoid putting the patch on same location until after a week have passed, also avoid areas of irritated, oily, scarred, or damaged skin. Remove the patch from the foil package, peel off the protective layer, and immediately apply the patch to your skin. Press down for about 4 seconds to ensure the patch sticks to your skin.
Wash your hands with soap and water after you apply the patch to wash away any nicotine you may have gotten on your fingers when applying the patch.

When changing your patch, remove the patch carefully and dispose of it by folding it in half with the sticky sides touching. Then apply a new patch to a different part of your upper body.

Keep out of reach of children and pets. Nicotine gum, lozenges, and patches—even used patches—may have enough nicotine to make children and pets sick. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).