



Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Nicotine Replacement Therapy (NRT) Guidance for Patients

Disclaimer: This document is for patient education purposes only. Consult your health-care practitioner for personalized advice and treatment options.

What is NRT used for?

- ✓ To treat nicotine withdrawal
- ✓ To help curb the craving to smoke



Common side effects:

- Trouble sleeping
- Nervousness
- Irritation at application site
- Bad dreams
- Headache
- Upset stomach

If you experience any of the following, seek medical attention:



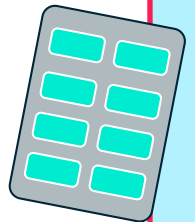
- Chest pain or pressure
- High blood pressure
- Mood changes, suicidal thoughts
- Confusion
- Abnormal heartbeat
- Tingling sensation
- Dizziness or weakness
- Shakiness
- Cold sweats
- Blurred vision
- Allergic reactions

NICOTINE GUM

- Place 1 piece of gum in your mouth, chew it once or twice, then park it between your gums and cheek for about 1 minute or until taste fades.
- Repeat the process of chewing and parking for 30 minutes, discard the piece after that.
- Repeat the process when the desire to smoke arises or once the tingling sensation stops.
- Avoid acidic drinks and food (e.g., alcohol, coffee, fruit juices, soft drinks, tomatoes) while using gum and for 15 minutes before, as this may decrease absorption.

Remember:

- Don't chew like regular gum; follow outlined instructions.
- Avoid acidic drinks and food before and during use.

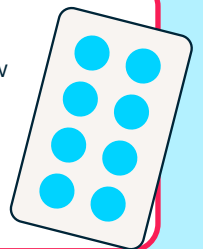


NICOTINE LOZENGE

- Place 1 lozenge in your mouth and let it slowly dissolve, moving it from one side to the other occasionally.
- Avoid acidic drinks and food (e.g., alcohol, coffee, fruit juices, soft drinks, tomatoes) while using lozenge and for 15 minutes before, as this may decrease absorption.

Remember:

- Don't chew or swallow the lozenge.
- Avoid acidic drinks and food before and during use.





Break the Habit

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NICOTINE SPRAY

- Prime the spray according to the package directions with the first use or after 2 days of not using.
- Spray mist into your mouth once, allowing it to be absorbed through the lining of your cheek.
- Avoid acidic drinks and food (e.g., alcohol, coffee, fruit juices, soft drinks, tomatoes) while using and for 15 minutes before, as this may decrease absorption.

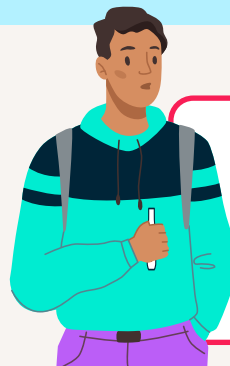


Remember:

- Avoid acidic drinks and food before and during use.
- Do not inhale; refrain from swallowing for a few seconds after use.

NICOTINE INHALER

- Puff the inhaler similarly to a cigarette for about 5-10 minutes at a time.
- Store it in a warm place if you'll be in a cold environment.
- Choose this option if you have dentures or poor oral health or if you can't chew gum.



Remember:

- Some people find "hand-mouth" activity helpful, while others find it triggering; choose another option if it is triggering. Choose what works best for you.

NICOTINE PATCH

- Apply 1 patch to clean, dry skin on your upper arm or hip (non-hairy areas), using a different spot daily.
- Start on your quit date and wear it for 24 hours daily.
- Watch for signs of nicotine toxicity such as nausea, sweating, racing heart, dizziness, increased salivation or pale skin.
- Consult your health-care practitioner if you experience side effects such as skin rash or increased blood pressure.

If you experience patch irritation:

- o Do not place a new patch on the irritated area for at least a week.
- o Apply hydrocortisone 0.5% cream on the irritated area once the patch is removed.
- o Try a once-daily non-drowsy allergy medication (e.g., cetirizine, loratadine).
- o Try applying the patch to skin that is less likely to be irritated (e.g., top of the foot).

If your patch is not sticking well to your skin:

- o Hold the patch in your hand for 30-60 seconds to warm it before applying to the skin.
- o Do not apply to areas of the skin where cream/lotion have been applied.
- o Try applying the patch to an area of low sweat/low oil (e.g., top of the foot, hip).
- o Apply medical-grade tape (e.g., Tegaderm) over patch.

Tip: Check your body wash or soap to see if they contain moisturizers. These can also impact adhesion of the patch.

Remember:

- Remove old patch before applying a new one.
- Remove patch at night if having trouble sleeping, then apply a new one in the morning. You can wear the patch for 16 hours, it will still be effective.
- Try not to smoke while using the patch.