# NICOTINE REPLACEMENT THERAPY (NRT)

*nik-oh-teen*

## What does it do?

*Nicotine replacement therapy* (patch, gum, lozenge, inhaler or spray) is used to relieve *nicotine* (smoking) withdrawal symptoms and help you to stop smoking.

## Before you start

- Tell your health professional if you have heart or skin problems, or diabetes.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you use it?

Use *nicotine replacement therapy* as directed.
Use as part of a quit smoking plan from a health professional.

## What if you forget a dose?

Patch:
Remove the old patch, apply a new patch as soon as possible and continue as directed.

Gum, lozenge, inhaler or spray:
Should an occasional dose be missed it need not be taken later.

## Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects | Recommended action |
|---|---|
| Fast or irregular heartbeat | Tell your doctor |
| Patch - skin rash, redness or itch where patch has been applied, strange dreams<br>Gum, lozenge, inhaler or spray – more saliva than usual, sore mouth or throat, stomach upset, hiccups, burping | Tell your health professional if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- If you are still using *nicotine replacement therapy* after 3 months, discuss with your health professional.
- You might experience withdrawal symptoms when you quit smoking. These may include trouble sleeping, headache, eating more, or feeling restless, anxious or dizzy.
- Avoid acidic drinks (e.g. coffee, tea, soft drinks) 15 minutes before using *nicotine* gum, lozenge, inhaler or spray. These drinks may stop *nicotine* working properly.
- Do not tear or cut *nicotine* patches.
- Some procedures (e.g. MRI scan) may overheat the patch and burn your skin. Discuss with your health professional before your procedure.
- Dispose of *nicotine* patches by folding the patch in half with the sticky sides together. Make sure to dispose of it out of the reach of children.