



Patch

For best results, make sure you start on the right dose. The nicotine patch comes in three strengths: 7 mg, 14 mg and 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. Do not use more than one patch per day or wear two patches at once unless directed to do so by your health care provider. If directed by your provider, you may use two to three patches per day. After 8 to 12 weeks of abstinence, you may lower the dose with the goal of stopping use of the patch completely.

Wear the nicotine patch for around 24 hours. The patch can even be worn when showering or bathing. When you wake up, take off the old patch, wash the area, 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. Suggested places to put the patch are the upper chest, upper arm, shoulder, back or inner arm. Each location should only be used once per week, so avoid putting the patch in the same spot until seven days have passed. Avoid areas of irritated, oily, scarred or damaged skin. When removing 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 from your fingers.
- When changing your patch, remove the patch carefully and dispose of it by folding it in half with the sticky sides together. 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 at 800-222-1222.

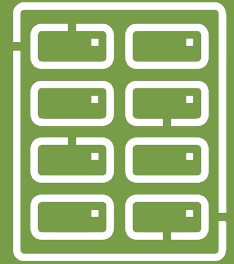


Call 713-792-QUIT or e-mail QuitNow@MDAnderson.org to learn about services offered by the Tobacco Treatment Program.

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Nicotine Replacement Therapies



Gum

Use one piece every 1-2 hours for the first 6 weeks of your quit attempt and set an alarm to help you stay on schedule. To ensure that your body gets enough nicotine to ease withdrawal symptoms, it is best to use at least 6-8 pieces of gum per day for the first 6 weeks. Try to think ahead about when you might get a craving and use a piece of gum before the craving happens.

If you are using the gum along with the nicotine patch, do not use more than 16 pieces of gum per day. Following 6 weeks of abstinence from tobacco, you can reduce to 1 piece every 2-4 hours and then extend to 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 health care provider about dosing. They may want you to start on a lower dose and use the gum less frequently.

Do not eat or drink for at least 5 minutes before, during or after using the gum, or while the gum is in your mouth. Food and drinks that are acidic, such as soda and coffee, can stop nicotine from absorbing in the lining of the mouth as well.

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

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



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Lozenges

Use one lozenge every 1-2 hours for the first 6 weeks of your quit attempt and set an alarm to help you stay on schedule. After 6 weeks of abstinence, reduce to 1 lozenge every 2-4 hours. After 3 weeks on that schedule, reduce to 1 lozenge every 4-8 hours. Try to think ahead about when you might get a craving and use a lozenge before the craving happens.

- If you are using the lozenge along with the nicotine patch, do not use more than 16 lozenges per day.
- 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.

Nicotine lozenges are not like regular lozenges. To use correctly, put the lozenge in your mouth between your cheek and gum. You may feel a warm or tingling sensation. Allow the lozenge to dissolve slowly over 20-30 minutes or 10-15 minutes for the mini lozenges, moving it from one side of your mouth to the other. Do not chew, suck or swallow the lozenge 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, patches and lozenges – even used lozenges – may have enough nicotine to make children and pets sick. In case of accidental use or ingestion, contact a Poison Control Center right away at 800-222-1222.



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