

How to Use ...

Nicotine Patches

Remove patch from the sachet and then peel off the plastic backing.

Wave the patch in the air for 20 seconds to evaporate the alcohol off the patch.

Apply the patch to clean, dry, hairless skin, such as on the front or side of the chest, upper arm, sole of the foot, buttock or hip.

Do not use the same area on two consecutive days.

Do not apply to broken or inflamed skin.

Do not apply lotion, oil or talcum powder to the skin before putting on the patch as this may prevent it from sticking properly.

The 24 hour patch should be removed in the morning, and a new one put on.

The 16 hour patch should be removed before going to bed, and new one put on in the morning.

Sticking Tips:

If you have difficulty with getting the patch to stay on, when you put the patch on your skin, keep your hand on the patch for 20 seconds – this should help.

If you continue to have problems, use some tape such as Micropore or other surgical tape (i.e. Opsite, Tegaderm or similar). These are available from most Chemist shops.

Skin Reactions:

If the skin under the patch becomes pink and/or itchy, before applying the next patch, try this. When you have peeled off the backing, wave the patch in the air for 30 seconds, then apply to your skin. This will help get rid of the alcohol in the glue, which can irritate some skins. Alternatively, put the patch in an area where the skin is less sensitive such as the shoulder, buttock or sole of the foot.

If you develop blisters or sores under the patch, remove the patch and contact your Stop Smoking Service Advisor.

Reducing the Dosage:

Patches are designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the patches and continue to smoke.

How to Use ...

Nicotine Chewing Gum

Chew one piece of gum slowly until taste becomes strong.

Rest the piece of gum between gum and cheek.

Chew again when taste has faded.

Repeat chewing routine for about 30 minutes.

Coffee, juices and fizzy drinks may reduce the absorption of nicotine and should not be taken for 15 minutes before chewing the gum.

Use up to 15 pieces of gum a day, aim for using one piece every hour.

Reducing the Dosage:

Gum is designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the gum and continue to smoke.

How to Use ...

Nicotine Nasal Spray

When using the spray for the first time or if the spray has not been used for two to three days, prime the nasal spray by placing the nozzle between first and second finger with the thumb on the bottom of the bottle. Press firmly and quickly until a fine spray appears. (Point the spray away from you and not near children or pets).

Insert the spray tip into one nostril, pointing the top towards the back of the nose. Press firmly and quickly, whilst breathing in through that nostril. Repeat in the other nostril.

Repeat every half hour (or as discussed with your advisor). Maximum of 64 sprays a day.

Replace the protective cap.

Do not leave the nasal spray in the light.

Reducing the Dosage:

The nasal spray is designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the nasal spray and continue to smoke.

How to Use ...

Nicotine Microtab

Place the circular blister pack in the tablet dispenser with the flat side facing down. Close the dispenser and make sure the tablet is in the correct position to be pushed out of the blister.

Press out a Microtab and place the tablet under the tongue and allow it to slowly dissolve. This will release the nicotine through the lining of the mouth. Do not chew or swallow.

In general you should use one Microtab every hour, but discuss with your Advisor how many you should use.

Reducing the Dosage:

The Microtab is designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the Microtab and continue to smoke.

How to Use ...

Nicotine Inhalator

Take a tray from the box and peel back the foil.

Remove a cartridge from the plastic tray.

Separate the mouthpiece by twisting the two halves until the two marks line up. The mouthpiece can now be pulled apart.

Take a cartridge and push it firmly into the bottom of the mouthpiece until the seal breaks.

Replace the top of the mouthpiece, line up the marks and push the top and bottom together firmly to break the top seal of the cartridge. Twist to lock.

Nicotine is obtained by inhaling deeply or by shallow puffing. The amount of nicotine absorbed through the lining of the mouth is the same, whichever method of inhalation is used.

One cartridge is equivalent to two to three normal cigarettes. You should use six to 12 cartridges per day.

The inhalator works best at room temperature. In cold surroundings (below 15°C or 59°F) more inhalations will be needed to get the same amount of nicotine as when using the inhalator at room temperature.

Reducing the Dosage:

The Inhalator is designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the Inhalator and continue to smoke.

How to Use ...

Nicotine Lozenge

The nicotine is slowly released and absorbed through the lining of the mouth.

1mg:

Suck slowly until the taste becomes strong.

Rest the lozenge between the gum and cheek.

Suck again when the taste has faded. Do not chew. It is important to suck the lozenge correctly over 30 minutes.

Coffee, juices and fizzy drinks may reduce the absorption of nicotine and should not be taken for 15 minutes before sucking.

Talk to your Advisor about how many, and how often you should use. Most people will use one lozenge every hour. Do not use more than 25 in a day.

2 & 4mg:

One lozenge should be placed between the gum and cheek, and allowed to dissolve.

At intervals, the lozenge should be moved from one side of the mouth to the other; the action should be repeated for 20 to 30 minutes until the lozenge is completely dissolved.

The lozenge should not be chewed or swallowed whole. Users should not eat or drink while a lozenge is in the mouth as this may reduce the absorption of nicotine.

Talk to your Advisor about how many, and how often you should use. Most people will use one lozenge every hour. Do not use more than 25 of the 2 mg or 15 of the 4mg in a day.

Reducing the Dosage:

The lozenge is designed so that the dosage can be reduced gradually. Your Advisor will talk to you about this, and you can agree when you are ready to do this.

Important – You should not use the lozenge and continue to smoke.

How to Use ...

Champix™

The course of treatment is usually 12 weeks. Your quit day should be between days 8 and 14, although some people find that they don't want to smoke before day 8.

Take Champix after eating and with a full glass of water (about half a pint).

Day 1 to Day 3	White tablet (0.5mg), 1 tablet per day
Day 4 to Day 7	White tablet (0.5mg), twice per day: 1 in the morning and 1 in the evening
Day 8 to end of treatment	Blue tablet (1.0mg), twice per day: 1 in the morning and 1 in the evening

This is the suggested way of taking Champix, although your advisor may recommend something slightly different if you are having side effects or if you still need some additional support after the 12 week course.

Some patients report feeling sick. This can be helped by taking the tablets with a full glass of water and food – in particular a bowl of cereal with milk. Some people find that ginger helps – you could try some ginger tea. Discuss this with your advisor if the problem persists.

If you miss a tablet don't worry. If you are due to take your next tablet within four hours, then skip the one you have missed. If it is longer than four hours then take your missed tablet.

Possible side effects include nausea, dreaming, constipation and wind. If you have any difficulties, please discuss it with your advisor.