


# Nicotine Replacement Therapy (NRT)

## Nicotine Replacement Therapy:

- NRT has been around for more than two decades
- It is the most commonly used medicine to help smokers quit smoking
- In Ontario you can choose from 3 types: the patch, the gum, and the inhaler
- NRT is easy to use
- NRT has a low risk of addiction
- Almost anyone over the age of 18 can use NRT (even those with heart conditions, although a doctor should be consulted first)

## NRT can help you quit smoking:

- Nicotine is the drug that is inhaled from tobacco while smoking; NRT is a safer way to provide the body with nicotine while trying to quit smoking
- NRT slowly provides the body with lower doses of nicotine which helps reduce nicotine withdrawal while trying to quit

Patch	Gum	Inhaler	Caution
<ul style="list-style-type: none"> <li>• Looks like a large square sticker</li> <li>• Placed on a hairless, clean part of the body</li> <li>• Use 1 patch per day</li> <li>• Rotate the site daily</li> <li>• Can be used with nicotine gum or inhaler</li> </ul>	<ul style="list-style-type: none"> <li>• Looks like regular gum</li> <li>• Chew it and then park it in your cheek to absorb the nicotine</li> <li>• Chew 1 piece per hour to a maximum of 15 per day</li> </ul>	<ul style="list-style-type: none"> <li>• Resembles a cigarette</li> <li>• Nicotine cartridges are inserted into the inhaler</li> <li>• Use up to 10 cartridges per day</li> <li>• Each cartridge can provide up to 3 20-minute sessions</li> </ul>	Watch out for the following signs and symptoms of nicotine toxicity:  <ul style="list-style-type: none"> <li>• Nausea</li> <li>• Vomiting</li> <li>• Sweating</li> <li>• Vertigo</li> <li>• Tremors</li> <li>• Confusion</li> <li>• Weakness</li> <li>• Racing heart</li> <li>• Light-headedness</li> </ul>
Use for at least 8-12 weeks	Use for at least 8-12 weeks	Use for at least 8-12 weeks	Consult a physician