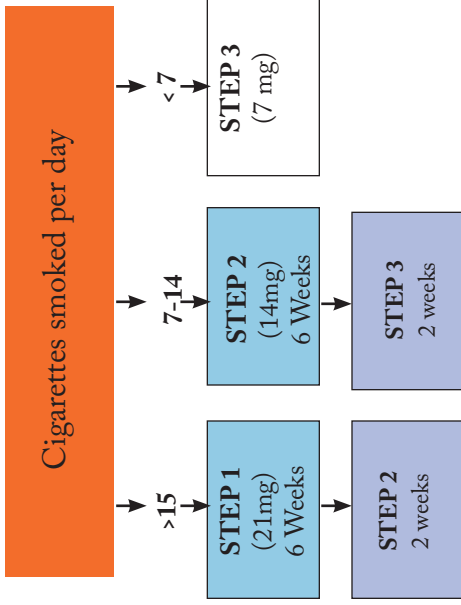


## NICOTINE REPLACEMENT THERAPY

### Nicotine Patch: Alone or + gum/inhaler



#### How to use it:

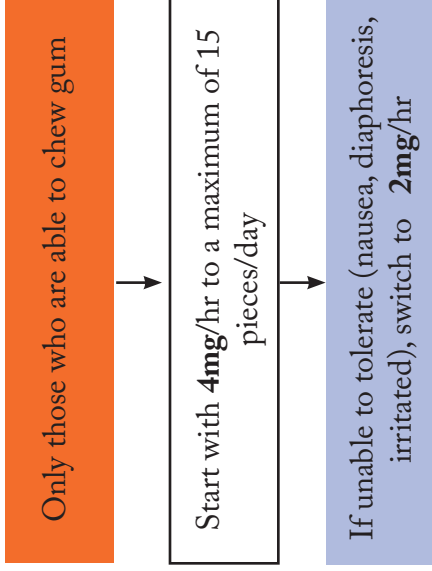
- Apply to a clean, hairless, dry area (you may need to clean area with alcohol wipe)
- Remove old patch before applying new one
- Do not use soap or moisturizing lotion on the area where the patch is to be applied
- Touch only a small corner of adhesive
- Rub patch after application – ensure all corners are stuck
- Wash hands with water immediately after application – don't use soap
- After rising hands with water only, then you may use soap to wash hands
- Discard old patch out of reach of children and animals



#### **Contraindications/Cautions:**

Contact hypersensitivity: erythemia, pruritis, edema, hives, or generalized rash or urticaria. Recent CVA, immediately Post MI, angina, life threatening arrhythmias

### Nicotine Gum: Alone or + patch/inhaler



#### How to use it:

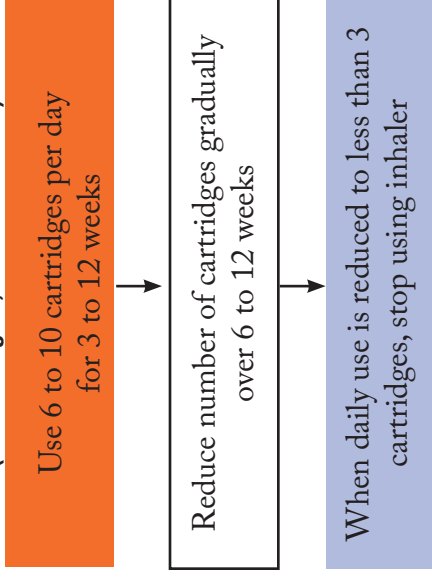
- Chew one piece at a time
- Chew and park in between teeth and cheeks
- Repeat chew every minute or so
- Each piece lasts about 30 mins
- Do not chew within 30 mins of caffeine/acidic products



#### **Contraindications/Cautions:**

Unable to chew gum, wears dentures, active TMJ dysfunction, immediately Post MI, angina, life threatening arrhythmias

### Nicotine Inhaler: Alone or + patch/gum (instead of gum, if unable to chew)



#### How to use it:

- Inhale like a cigar NOT deeply into the lungs
- Can use continuously or as needed
- May notice a burning or warm cool sensation when inhaling – OK unless becomes bothersome
- Clean inhaler on a regular basis with soap and water



#### **Contraindications/Cautions:**

Immediately Post MI, angina, life threatening arrhythmias