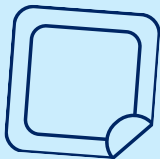
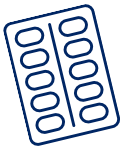
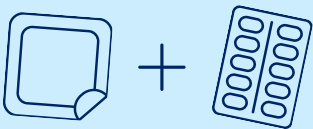
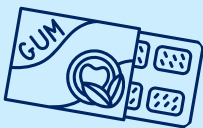





A quick guide to using Nicotine Replacement Therapy (NRT)

Using NRT is safe and improves your chances of quitting successfully. NRT comes in two types; patches and oral forms (gum, lozenge and mouth spray). Using a combination of an NRT patch and an oral form NRT is more effective than using one product alone.

PATCHES 	<ul style="list-style-type: none">• Use a new patch each day, on a different part of your body.• Patches take about 6 - 8 hours to deliver their maximum dose. Put your patch on just before you go to sleep at night to reduce your morning cravings.• It's safe to wear patches and smoke or vape, to help you cut down.• You can buy NRT patches at a reduced cost from a pharmacy with a script. Ask your doctor for a script for patches.• Some people may experience vivid dreams or have trouble sleeping when using patches. Removing the patch before going to sleep and replacing it with a new patch in the morning may help.
ORAL (MOUTH) PRODUCTS 	<ul style="list-style-type: none">• These products work quickly to relieve cravings.• Use them throughout the day (every 1 – 2 hours).• Don't eat or drink while oral NRT is in your mouth.• The nicotine is absorbed through the lining of your mouth, not the lungs or stomach.
COMBINATION THERAPY 	<ul style="list-style-type: none">• For best results, use a combination of an NRT patch and an oral form NRT. This is more effective than using one NRT product alone.• Patches give you a slow and steady dose of nicotine. Oral forms of NRT work faster.• If you still feel cravings to smoke or vape you can add/use an oral form of NRT (gum, lozenge or mouth spray) and/or another patch to ease the cravings and withdrawal symptoms.• NRT products contain only a small amount of nicotine. Even when used together, it is usually a lower amount than you get from smoking or vaping.

A quick guide to using Nicotine Replacement Therapy (NRT)

GUM 	<ul style="list-style-type: none">• Do not chew the gum like regular chewing gum.• Flatten a pellet with a few bites, then sit the pellet between your gums and the inside of your cheek. Leave the chewing gum there for about 3 minutes to absorb the nicotine. Then repeat these steps for 15 – 20 minutes.• Use 1 piece of gum every 1 – 2 hours.
LOZENGE 	<ul style="list-style-type: none">• Don't suck or chew the lozenge like a regular mint lozenge.• Roll the lozenge around in your mouth a few times, then sit the lozenge between your gums and the inside of your cheek. Leave the lozenge there for about 3 minutes to absorb the nicotine. Then repeat these steps for 15 – 20 minutes.• Use 1 lozenge every 1 – 2 hours.
MOUTH SPRAY 	<ul style="list-style-type: none">• Spray the mist under your tongue or on the inside of your cheek.• Don't inhale while using the mouth spray.• Don't swallow straight away; let the spray dry off first.• Use 1 – 2 sprays every 30 – 60 minutes.
PREGNANCY ADVICE 	<ul style="list-style-type: none">• NRT can be used in pregnancy and are safer than continuing to smoke or vape.• It is important to remove the patch at night before you go to sleep.• Pregnant women metabolise nicotine faster and need more NRT to reduce cravings and manage symptoms of nicotine dependence.

For further support on using NRT:



NSW Quitline on 13 78 48



www.icanquit.com.au

For further information, please contact:

Health Promotion Service

E: ISLHD-QuitSmoking@health.nsw.gov.au

