

Patient Guide: Tobacco Cessation Therapy

NICOTINE PATCH 21mg, 14mg, 7mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

What does this medication do?

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms. The nicotine patch is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date).
- ◆ Begin using the patch on your quit date.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on the upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch.
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing the patch on the same area more than once a week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in the regular trash away from children or pets.
- ◆ Remove the patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

What are the possible side effects?

- ◆ May cause minor burning, itching or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using, remove the patch and contact your provider right away.**
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove the patch before going to sleep.

****Some patients are allergic to adhesive material**