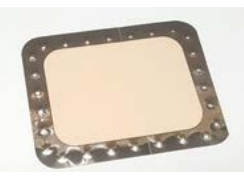






Products to help you quit: Nicotine Replacement Therapy (NRT)

Product	How it works	How to use the product
<p>Nicotine Patch</p> <p>☑ ◆</p>		<ul style="list-style-type: none"> • Patch slowly releases nicotine into your body through the skin over several hours.
<p>Nicotine Gum</p> <p>◆</p>		<ul style="list-style-type: none"> • Nicotine is absorbed through the lining of the mouth. • Gum, lozenges, mouth spray and inhalator can be used in combination with patches. • Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking).
<p>Nicotine Lozenges</p> <p>◆</p>		<p>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</p> <ul style="list-style-type: none"> • Park one lozenge between gum and cheek. • Occasionally move lozenge from one side of the mouth to the other for 30 minutes or until dissolved. • Do not chew, suck or swallow lozenge. • Use lozenge every 1-2 hours or as required. • Do not eat or drink when lozenge is in your mouth.

Please note: this information is not intended to replace the Consumer Medicine Information (CMI), always read the CMI for full instructions on product use or consult your health professional.

Product	How it works	How to use the product
<p>Nicotine Inhalator (Inhaler)</p> <p>◆</p>	 <p>Inhalator</p> <ul style="list-style-type: none"> Nicotine is absorbed through the lining of the mouth. Gum, lozenges, mouth spray and inhalator can be used in combination with patches. Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking). 	<ul style="list-style-type: none"> Assemble inhaler with new nicotine cartridge. Use shallow puffs every 4 seconds or 2 deep puffs every minute. Replace cartridge when menthol taste goes away. You can replace smoking by using 3-6 cartridges a day. Use a new cartridge every day. Avoid drinking coffee and soft drinks before using inhalator.
<p>Nicotine Mouth Spray (Mist)</p> <p>◆</p>	 <p>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</p>	<ul style="list-style-type: none"> Point nozzle as close as possible towards inside of the cheek or under the tongue. Press top of dispenser to release spray. Use 1-2 sprays every 1-2 hours or up to a maximum of 4 sprays an hour. Wait a few seconds before swallowing after spraying into your mouth, and don't spray on your lips.

These products may be available through:

- > **Quitline** – offers an intensive quit support program which combines specialised support with 12-weeks supply of NRT products. Access to this program is subject to eligibility. **Call Quitline on 13 7848 for more information.**
- ☑ **PBS** – this product is available at a lower cost on the *Pharmaceutical Benefits Scheme* (PBS). See your doctor (GP) to obtain a script.
- ☑ **CTG** – this product is available at low or no cost to Aboriginal and Torres Strait Islander peoples under the *Close the Gap* scheme.
- ◆ **Retail outlets** – this product is available at retail outlets such as pharmacies and supermarkets.

A range of videos on how to use NRT products are available at Quit HQ www.qld.gov.au/quithq (Quitting Methods).

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