






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

Product	How it works	How to use the product
<p><b>Nicotine Patch</b></p> <p>☑ ◆</p> 	<ul style="list-style-type: none"> <li>• Patch slowly releases nicotine into your body through the skin over a number of hours.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply patch to a clean, non-hairy, dry area of skin.</li> <li>• Press patch onto skin and keep the pressure on for at least 30 seconds.</li> <li>• Secure with medical tape if required.</li> <li>• <b>21mg patch is best applied before bed and can be worn for a 24-hour period.</b></li> </ul>
<p><b>Nicotine Gum</b></p> <p>☑ ◆</p> 	<ul style="list-style-type: none"> <li>• Nicotine is absorbed through the lining of the mouth.</li> <li>• Gum, lozenges, mist and inhalator can be used in combination with patches.</li> <li>• Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking).</li> </ul>	<ul style="list-style-type: none"> <li>• Use the following <i>Chew-park-chew</i> method.</li> <li>• Slowly chew one piece of gum.</li> <li>• When taste becomes strong, rest gum between gum and cheek.</li> <li>• Repeat this process for 30 minutes or until taste fades.</li> <li>• <b>Use gum every 1-2 hours or as required.</b></li> <li>• Do not eat or drink when gum is in your mouth.</li> </ul>
<p><b>Nicotine Lozenges</b></p> <p>☑ ◆</p> 	<p><b>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</b></p>	<ul style="list-style-type: none"> <li>• Park one lozenge between gum and cheek.</li> <li>• Occasionally move lozenge from one side of the mouth to the other for 30 minutes or until dissolved.</li> <li>• Do not chew, suck or swallow lozenge.</li> <li>• <b>Use lozenge every 1-2 hours or as required.</b></li> <li>• Do not eat or drink when lozenge is in your mouth.</li> </ul>

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><b>Nicotine Inhalator (Inhaler)</b></p> <p>◆</p>		<ul style="list-style-type: none"> <li>Nicotine is absorbed through the lining of the mouth.</li> <li>Gum, lozenges, mist and inhalator can be used in combination with patches.</li> <li>Best used when you feel an urge or craving to smoke or before a known trigger (e.g. after waking).</li> </ul>
<p><b>Nicotine Mouth Spray (Mist)</b></p> <p>◆</p>		<p><b>You can use a patch and oral NRT together, this is called combination therapy. For example, patches and a lozenge or gum.</b></p> <ul style="list-style-type: none"> <li>Assemble inhaler with new nicotine cartridge.</li> <li>Use shallow puffs every 4 seconds or 2 deep puffs every minute.</li> <li>Replace cartridge when menthol taste goes away.</li> <li><b>You can replace smoking by using 3-6 cartridges a day.</b></li> <li>Use a new cartridge every day.</li> <li>Avoid drinking coffee and soft drinks before using inhalator.</li> </ul>

**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** <http://www.qld.gov.au/quitHQ> (Quitting Methods).

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