

# Nicotine Replacement

## Patient Information

### What type of nicotine replacement will be best for you?

- ❖ Your choice of nicotine replacement depends on your personal preference, side effects of the replacement methods (see below), and your past experience with quitting.
- ❖ Consider the information in the box below when choosing a nicotine replacement method.

### Remember:

- ❖ If you are pregnant or have an unstable heart or blood vessel disease, discuss nicotine replacement options with your physician.
- ❖ It's important to not smoke while using nicotine replacement.
- ❖ Make a follow-up appointment with your health care provider to review progress.
- ❖ Greater success comes when combining nicotine replacement with a behavioral smoking cessation program.
  1. Set a quit date
  2. Identify and manage triggers: avoid, alter, or substitute
  3. Use positive self-talk
  4. Utilize materials and help lines that are available from drug companies or your health care provider

If you are a...	Consider	Side effects/Precautions
<b>Light Smoker:</b> <i>10-20 cigarettes per day</i>	<b>Nicotine Patch:</b> Use highest-dose patch for 4 weeks and lower doses for 2 weeks each.  <b>Nicotine Gum:</b> <i>Especially if you have skin reaction or allergy to patch</i> <ul style="list-style-type: none"> <li>❖ Start with lower 2-mg dosage</li> <li>❖ Chew 1 piece per hour</li> <li>❖ Important to learn how to chew correctly</li> </ul> <b>Nicotine Inhaler:</b> <ul style="list-style-type: none"> <li>❖ Physician prescription only</li> <li>❖ Especially if you want a substitute for hand to mouth aspects of smoking</li> <li>❖ Use 1 cartridge per hour</li> <li>❖ Draw deeply, repeatedly for several minutes</li> </ul>	<b>Patch:</b> Nausea and dizziness (reduce strength if these appear); skin reactions: trouble sleeping with 24-hr patch  <b>Gum:</b> Jaw soreness, mouth sores, hiccups, indigestion
<b>Heavy Smoker:</b> <i>20-40 cigarettes per day</i>	<b>Nicotine Patch:</b> Use highest-dose and tapering process as for light smokers  <b>Nicotine Gum:</b> Use 4 mg especially if failed on 2mg or if withdrawal symptoms on 2 mg.  <b>Nicotine Inhaler:</b> (see above) Draw deeply and repeatedly for 10-20 minutes  <b>Nicotine Nasal Spray:</b> At least 1 spray per hour; physician prescription only; follow directions carefully; gradually taper use.  <b>Combine Patch with Gum or Inhaler:</b> Use gum or inhaler as supplement to patch to cope with urges  <b>Nicotine Lozenge:</b> 2-and 4-mg lozenge, between 9 and 20 lozenges per day	<b>Inhaler:</b> Mouth, throat irritation, cough, and stomach upset (avoid if asthmatic or wheezing; physician needs to monitor)  <b>Nasal Spray:</b> Irritation to eyes, nose, throat; physician needs to monitor; side effects improve with continued use
<b>Very Heavy Smoker:</b> <i>2 or more packs of cigarettes per day</i>  (or strong withdrawal cravings, unsuccessful prior quit attempts, unsuccessful with highest-dose patch or gum)	<b>Nicotine Nasal Spray:</b> At least 1 spray per hour; physician prescription only; follow directions carefully; gradually taper use.  <b>Supplement Patch with Gum or Inhaler</b>  <b>Use More Than One Patch at a Time</b> (talk with physician before taking this step)  <b>Enroll in a Comprehensive Behavioral Smoking Cessation Program</b>	<b>Nicotine Lozenge:</b> Heartburn, hiccup, nausea, and headache