

Nicotine Replacement Therapy (NRT) information

e.g. gum, lozenges, patches, mouth spray

Nicotine in tobacco is addictive and makes you want to keep smoking.

NRT gives you some of the nicotine that you would have received from cigarettes, but without the harmful stuff like tar, cyanide and carbon monoxide. NRT can help reduce cravings and withdrawal effects when you quit.

NRT can be very effective when you follow the instructions. If one type of NRT doesn't work for you or, if you have any problems, talk to your advisor.

Possible side effects of NRT:

- Skin irritation (when using the patches)
- Dizziness, sweating
- Hiccups (with gum or mouth spray)
- Nausea or indigestion
- Headaches



Visit – www.livewellderby.co.uk

Call - 01332 641254

Email – livewell@derby.gov.uk

Nicotine Patches

They work by releasing nicotine directly into the blood stream. Nicotine patches can be worn for 24 hours (unless pregnant). Use one patch per day and put your patch on in the morning. Alternate which arm you put the patch on each day, and try to change the position on your arm. There are different strength patches to help you reduce down.

Nicotine Gum

The nicotine in the gum is absorbed through the lining of your mouth. The gum comes in two strengths 4mg & 2mg. Use a maximum of 15 pieces per day. Chew the gum to release the taste then rest the gum inside your cheek. When the taste fades chew again to release more nicotine. One piece lasts approx 30 mins. Try to avoid eating or drinking whilst chewing the gum

Lozenges

Lozenges should be placed in the mouth and dissolve slowly to release the nicotine – **Do Not** chew or swallow them.

Lozenges come in 2mg or 4mg strength. Use a maximum of 15 per day. Suck the lozenge to release the taste then rest it inside your cheek. When the taste fades you need to suck it again to release more nicotine. Do this until the lozenge has dissolved.

Do Not use if you have mouth ulcers.

Mouth Sprays

The Quickmist Mouth Spray delivers a nicotine hit within 60 seconds.

Prime (test) the spray by pressing twice before using.

Each spray contains around 150 doses of nicotine.

Use a maximum of 4 sprays per hour and no more than 64 sprays in 24 hours.

Spray under the tongue or inside your cheek. **Do Not** inhale the spray or spray the back of your throat.

Avoid drinking or eating anything for 15 minutes after using the spray.



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Please contact your advisor if you have any questions or problems