

# NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS

MAKE SMOKING  
**HISTORY** 

**Please note this information pamphlet is not intended to replace any advice received from a doctor, pharmacist, other health professional, or the product consumer information.**

## How do nicotine replacement therapy products help?

NRT can help you to quit smoking by relieving the desire to smoke, and some of the feelings of withdrawal you may experience when you stop smoking, such as:

- Irritability
- Restlessness
- Cravings for a cigarette

## How do nicotine replacement therapy products work?

The **gum, lozenge, mouth spray and inhalator** deliver nicotine through the lining of the mouth into the blood stream. A **patch** delivers nicotine through the skin and into the blood stream. This helps reduce the cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from your cigarette.

## How long should I use nicotine replacement therapy products?

Usually for at least eight weeks.

**Please talk to your doctor, pharmacist or other health professional for further advice regarding any of the information in this pamphlet.**

## NICOTINE PATCH

### When do I use a patch?

- Apply one patch once daily. It works best if used for 24 hours.

### How many patches do I use?

- Most people need one patch daily. Some may require an additional patch.
- Please see your doctor, pharmacist or other health professional for further advice.

### How do I apply the patch?

- Apply the patch to clean, dry & hairless areas of your body.
- Upper arm and upper back area or across your chest area (avoid placing directly over your heart).

### How do I remove a patch?

- To remove the patch from the skin, lift at the patch edge and gently peel away from the skin surface.

### Will I experience vivid dreaming?

- Some people can experience vivid dreams whilst using patches. Be assured that most vivid dreams go away after several days of use.
- If vivid dreams persist, please see your doctor, pharmacist or other health professional for further advice.

### Are there any special instructions?

- Always rotate the site of application – this will help prevent skin irritations.
- If skin irritation occurs, a medicated cream may help reduce the symptoms or you can try changing brands.
- Please see your doctor, pharmacist or other health professional for further advice.

### Can I use a nicotine patch and fast-acting product at the same time?

- Yes, it is safe to use these two nicotine replacement products together and it gives you the best chance to quit.
- A nicotine patch is often used together with a fast-acting product (such as nicotine gum, lozenge, inhalator or mouth spray) to help you quit smoking. This is known as 'combination therapy'.
- Please see your doctor, pharmacist or other health professional for further advice.



## NICOTINE GUM

### When should I use the gum?

- Every time you have a craving or expect a craving for a cigarette.
- The gum works best when you use it 20 minutes before an activity, an emotion or any situation that may trigger you to have a cigarette.

### How many pieces of gum do I use?

- You can have one piece of gum every hour, if needed.
- If you are using more than 10 pieces of gum in a day please see your doctor, pharmacist or other health professional about using another product.

### How do I use the gum?

- Place the gum in your mouth and chew slowly until a 'tingly sensation' or 'bitter taste' appears (this means the nicotine is being released).
- Now 'park' the gum either under the tongue or between your gum and cheek until the tingling stops.
- Keep repeating the 'chewing & parking' of the gum for up to 30 minutes.

### Which strength of gum should I use?

- Nicotine gum comes in two strengths – 2mg or 4mg.
- The right strength for you depends on when you have your first cigarette in the morning and the number of cigarettes you smoke.
- Talk to your doctor, pharmacist or other health professional for further advice.



### Are there any special instructions?

- If you drink acidic beverages like coffee, fruit juice, soft drinks or beer, wait for 15 minutes before using the gum (it will not work as well).
- Some people may experience nausea and hiccups. Hiccups should only last for a couple of minutes.
- Do not use nicotine gum while you are eating or drinking (it will not work as well).
- Do not swallow because the nicotine will not be absorbed and will not work.
- Do not use if you wear dentures or have dental caps/bridges.
- If you have reflux, it may be best to use another product.

### Can I use nicotine gum and a nicotine patch at the same time?

- Yes, it is safe to use these two nicotine replacement products together and it gives you the best chance to quit.
- A nicotine patch is often used together with a fast-acting product (such as nicotine gum, lozenge, inhalator or mouth spray) to help you quit smoking. This is known as 'combination therapy'.
- Please see your doctor, pharmacist or other health professional for further advice.

## NICOTINE INHALATOR

### When should I use the inhalator?

- Every time you have a craving or expect a craving for a cigarette.
- The inhalator works best when you use it 20 minutes before an activity, an emotion or any situation that may trigger you to have a cigarette.

### How often can I use the inhalator?

- One cartridge is equivalent to about 7 cigarettes.
- 8 –10 puffs deliver about the same amount of nicotine as from one puff of a cigarette.
- If you are using more than 6 cartridges per day, please see your doctor, pharmacist or other health professional about using another product.

### How do I insert the nicotine cartridge into the inhalator?

- The inhalator comes in two pieces.
- To open the inhalator, line up the raised marks on the inhalator and pull apart the two pieces.
- Remove the cartridge from the foil wrapper and insert firmly into the shorter end of the mouthpiece.
- Join the two pieces, line up the raised marks on the two pieces and push together firmly.
- Twist the two pieces so that the marks are no longer in line. Now it's locked and ready to use.



### How do I use the inhalator?

- Don't inhale on the inhalator like you would a cigarette. You must take short and shallow inhalations, similar to sipping on a straw.
- Please see your doctor, pharmacist or other health professional for further advice.

### Are there any special instructions?

- Opened cartridges should only be used for a maximum of 12 hours.
- If you drink acidic beverages like coffee, fruit juice, soft drinks or beer, wait for 15 minutes before using the inhalator (it will not work as well).
- Do not use inhalator while you are eating or drinking (it will not work as well).
- Some people experience coughing or taste the menthol (strong mint flavour) at the back of their throat. This is usually because of incorrect use. Remember; don't use the inhalator as you would a cigarette. Do not take deep inhalations.

### Can I use nicotine inhalator and a nicotine patch at the same time?

- Yes, it is safe to use these two nicotine replacement products together and it gives you the best chance to quit.
- A nicotine patch is often used together with a fast-acting product (such as inhalator, nicotine mouth spray, gum, or lozenge) to help you quit smoking. This is known as 'combination therapy'.
- Please see your doctor, pharmacist or other health professional for further advice.

## NICOTINE MOUTH SPRAY

### When should I use the mouth spray?

- Every time you have a craving or expect a craving for a cigarette.

### How often can I use the mouth spray?

- You can use one or two sprays each time. Try one spray first. If the cravings have not gone in a few minutes, use a second spray.
- You can repeat every 30 minutes when needed.
- If you are using more than 64 sprays in a day, please see your doctor, pharmacist or other health professional about using another product.

### How do I open and close the mouth spray?

- Use your thumb to slide down the black button then push in.
- While pushing in, slide your thumb up as far as it will go. The green nozzle will now appear.
- If the spray is being used for the first time or it has not been used for several days, you need to load the nozzle with the nicotine spray.

### How do I load the nozzle with the nicotine spray?

- Pointing the spray away from you, press down on the nozzle with your index finger.
- Press several times until you see a fine mist. Now it's ready to use.

### How do I use the mouth spray?

- You can either spray under the tongue or to the side of the cheek.
- Firstly, hold the spray close to your mouth and open your mouth.



**For under the tongue** put tip of your tongue to the roof of your mouth and spray directly under the tongue.

**For inside the cheek** angle the nozzle so it's facing the inside of your cheek and press firmly to release the product. You will feel a 'fine mist' against your cheek.

- Do not swallow for a few seconds after spraying for best results (this helps the nicotine absorb through the lining of your mouth).

### Are there any special instructions?

- If you drink acidic beverages like coffee, fruit juice, soft drinks or beer, wait for 15 minutes before using the mouth spray (it will not work as well).
- Do not use mouth spray while you are eating or drinking (it will not work as well).
- Do not swallow the spray (it will not work and can make you feel sick).
- Some people may experience hiccups. These will generally only last a few minutes.

### Can I use nicotine mouth spray and a nicotine patch at the same time?

- Yes, it is safe to use these two nicotine replacement products together and it gives you the best chance to quit.
- A nicotine patch is often used together with a fast-acting product (such as nicotine mouth spray, inhalator, gum, or lozenge) to help you quit smoking. This is known as 'combination therapy'.
- Please see your doctor, pharmacist or other health professional for further advice.

## NICOTINE LOZENGE

### When should I use a lozenge?

- Every time you have a craving or expect a craving for a cigarette.
- The lozenge works best when you use it 20 minutes before an activity, an emotion or any situation that may trigger you to have a cigarette.

### How many lozenges do I use?

- You can have a lozenge every hour, if needed.
- If you are using more than 15 lozenges in a day please see your doctor, pharmacist or other health professional about using another product.

### How do I use the lozenge?

- Place the lozenge in the mouth between the gum and the cheek and move it from one side of the mouth to the other. Do this until it's completely dissolved (this takes about 20 to 30 minutes).
- Do not chew or swallow the lozenge.

### Which strength of lozenge should I use?

- Nicotine lozenges come in two strengths - 2mg or 4mg.
- The right strength for you depends on when you have your first cigarette in the morning and the number of cigarettes you smoke.
- Talk to your doctor, pharmacist or other health professional for further advice.

### Are there any special instructions?

- If you drink acidic beverages like coffee, fruit juice, soft drinks or beer, wait for 15 minutes

before using the lozenge (it will not work as well).

- Do not use a lozenge while you are eating or drinking (it will not work as well).
- Some people experience mild nausea, flatulence, a sensitive mouth or hiccups after using a lozenge.
- If you experience hiccups, these will generally only last a few minutes.

### Can I use nicotine lozenge and a nicotine patch at the same time?

- Yes, it is safe to use these two nicotine replacement products together and it gives you the best chance to quit.
- A nicotine patch is often used together with a fast-acting product (such as nicotine lozenge, gum, inhalator or mouth spray) to help you quit smoking. This is known as 'combination therapy'.
- Please see your doctor, pharmacist or other health professional for further advice.



# QUITTING MEDICATION

Please note this information pamphlet is not intended to replace any advice received from a doctor, pharmacist or other health professional

## How can I buy quitting medication?

Quitting medication such as bupropion and varenicline are only available on prescription. It is approved by the Pharmaceutical Benefit Scheme (PBS) for people who take part in a support and counselling program, such as what Quitline 13 7848 provides. Your doctor and a pharmacist can also give support and advice on stopping smoking.

## How does prescription medication help?

Prescription medication can help you to quit smoking by relieving the desire to smoke and some of the feelings of withdrawal you may experience when you stop smoking, such as:

- Irritability
- Restlessness
- Difficulties concentrating
- Cravings for a cigarette

### Zyban® (bupropion)

#### Is bupropion suitable for me?

- Please discuss with your doctor whether you should use bupropion, as it is not suitable for everyone. Your doctor will discuss with you how many tablets you should take and for how long. You should always follow your doctor's advice, when using bupropion.

#### How does bupropion work?

- Bupropion reduces some of the positive reinforcement that nicotine promotes in the brain each time a cigarette is smoked.
- Bupropion does not contain nicotine.

#### Are there any special instructions?

- You must tell your doctor about any other medication you are taking, including pharmacy medicines, herbal preparations, diet pills, medicines sold in the supermarket, or nicotine replacement products.
- You must tell your doctor if you have any illnesses, in particular seizures, heart problems or heart disease, liver or kidney diseases, high blood pressure or diabetes.
- Limit your use of alcohol when you are taking this medicine, as it can increase the risk of fits and other unpleasant side effects.

#### Is bupropion safe?

- Serious side effects are rare. However, it is important to use bupropion correctly, with your doctor's supervision.
- Read the consumer medicine information carefully and keep it until you have finished using bupropion.

#### Can I use bupropion and an NRT product at the same time?

- Yes you can.
- The Australian Medicine Handbook states that a fast-acting product (such as lozenge, gum, inhalator or mouth spray) can be used with bupropion, as it is particularly helpful when a strong cigarette craving occurs.
- Please see your doctor for further advice.

### Champix® (varenicline)

#### Is varenicline suitable for me?

- Please discuss with your doctor whether you should use varenicline, as it is not suitable for everyone. Your doctor will discuss with you how many tablets you should take and for how long. You should always follow your doctor's advice, when using varenicline.

#### How does varenicline work?

- Varenicline stops many of the rewarding feelings in your brain that are associated with smoking nicotine.
- Varenicline does not contain nicotine.

#### Are there any special instructions?

- You must tell your doctor if you have a mental health condition, including depression, thoughts of suicide or self-harm, or any other mental illness, kidney problems, repeated fits or convulsion (epilepsy), heart and blood vessel problems, such as history of heart attack, stroke or chest pain.
- You must tell your doctor about any other medication you are taking, including pharmacy medicines, herbal preparations, diet pills, medicines sold in the supermarket, or nicotine replacement products.
- Be careful if drinking alcohol while you are taking varenicline. It may increase feelings of drunkenness and the risk for negative mood and behaviour changes.

#### Is varenicline safe?

- Serious side effects are rare. However, it is important to use varenicline correctly, with your doctor's supervision.
- Read the consumer medicine information carefully and keep it until you have finished using varenicline.

#### Can I use varenicline and an NRT product at the same time?

- Yes you can.
- The Australian Medicine Handbook states that a fast-acting product (such as lozenge, gum, inhalator or mouth spray) can be used with varenicline, as it is particularly helpful when a strong cigarette craving occurs.
- Please see your doctor for further advice.

Current as at November 2018. Sources: Product information provided by Alfred Health Nicotine Replacement therapy leaflets, [www.alfredhealth.org.au/patients-families-friends/patient-resources?category=5&keywords=nicotine](http://www.alfredhealth.org.au/patients-families-friends/patient-resources?category=5&keywords=nicotine) and Cardiovascular and Respiratory Medicine Pharmacy Department at Fiona Stanley Hospital.

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