

Nicotine Patch

- Provides a lower level of nicotine to blood than cigarettes.
- Allows stable nicotine levels to be maintained.
- Gradually does away with body's need for nicotine.
- Reduces cravings and protects against withdrawal, especially early morning withdrawal symptoms, which may be the most difficult.
- Recommended not to use continuously for more than 3 months.
- Recommended not to use with tobacco or other nicotine-containing products.
- Nicoderm[®], Habitrol[®] and generic brands available.

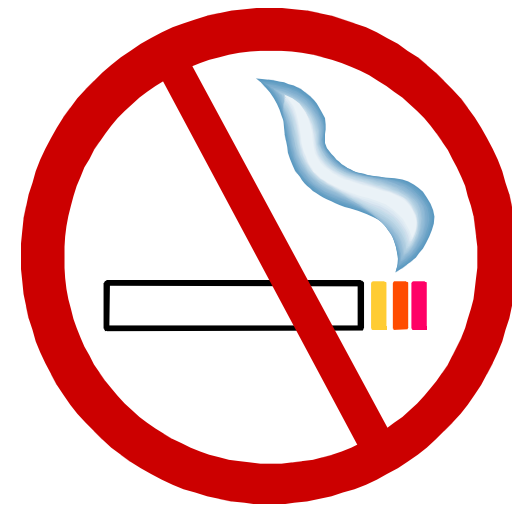
Nicotine Patch

3 Step Program

21mg

14mg

7mg



NICODERM[®] Patch

- **21 mg** - 1 patch per day for 6 weeks
(If you smoke 10 or more cigarettes per day)
Note: If you weigh less than 45 kg start with 14 mg patch instead
- **14 mg** - 1 patch per day for 2 weeks
(If you smoke less than 10 cigarettes per day, weigh less than 45 kg, have heart disease & physician recommends patch, use for 6 weeks)
- **7 mg** - 1 patch per day for 2 weeks
(if starting with 14 mg use 2 to 4 weeks)

Using the Patch

- Apply a fresh patch to clean, dry, hair-free skin on upper body or outer upper arm.
- Rotate patch site daily allowing previous sites to 'rest' for at least 1 week. This helps prevent the most common side effect, skin irritation.



Patch Side Effects

- Irritability, trouble sleeping, increased appetite
-should subside after the first few days of use
- Headache, lightheadedness, insomnia, stomach upset & vivid dreams
-may be eliminated by stepping down to a lower strength patch

Note: If symptoms persist, contact physician.

Nicotine Patch Disposal

Caution

- Used patches contain 60 -70% nicotine.
- Fold patch to stick together & return to original package.
- Dispose out of reach of children & pets.

