

How do I use NRT?

Make sure you are using the gum or lozenge in the best way:

- ◆ Chew the gum slowly.
- ◆ Fast chewing doesn't allow the nicotine to be absorbed from the lining of the mouth and can cause nausea.
- ◆ Don't drink anything for 15 minutes before and nothing while you are using nicotine gum or the lozenge so your mouth can absorb the nicotine.



Make sure you are using the patch in the best way:

- ◆ If you can't stop having a few cigarettes while using the patch, it is best to keep the patch on.
- ◆ Don't let a few slips with cigarettes stop you from using the patch to quit smoking.

How long should I use NRT?

- ◆ NRT product labels say that the product should be used for 8 or 12 weeks, depending on the product.
- ◆ If NRT is helping you not smoke, we suggest you do not even think about cutting down on it unless:
 - ◇ You believe you have a side-effect from NRT.
 - ◇ You have 14 days in a row with no cravings or withdrawal or near slips back to smoking.
- ◆ Stop using NRT only when you feel very sure you can stay off cigarettes.
- ◆ If NRT helps you stop smoking, but you go back to smoking when you stop using NRT, you should seriously think about using NRT again the next time you try to stop smoking.



Can I use more than 1 NRT?

- ◆ If the amounts of NRT you are taking do not help you stop smoking, talk with your health care provider about using:
 - ◇ more NRT
 - ◇ more than one type of NRT at the same time
 - ◇ other smoking cessation medicines at the same time
 - ◇ telephone or in person advice on quitting tips
- ◆ Make sure you get the right amount of nicotine
- ◆ People who smoke more than 10 cigarettes per day should use a 4mg piece of gum or lozenge.
- ◆ You may need to add nicotine gum or lozenges to help get over the hump
- ◆ You may need to use more than one patch at a time. Talk to your healthcare provider about this

Is NRT expensive?

- ◆ If the price of NRT is a concern, try to find "store brand" (generic) NRT products which are often cheaper than the brand name products.

What is NRT?

- ◆ “NRT” is Nicotine Replacement Therapy for helping tobacco users quit
- ◆ Over-the-counter NRT products include:

◆ Nicotine  Patch

◆ Nicotine  Gum

◆ Nicotine  Lozenge

How can NRT help me quit?

- ◆ NRT is one good tool to help you quit smoking
- ◆ But NRT can't do all the work for you
- ◆ You have to help
- ◆ Do whatever it takes to get the job done
- ◆ It is not a weakness to use medicine to stop smoking
- ◆ And it is not the only tool to help you stop smoking

Is NRT Safe?

- ◆ Don't worry about the safety of using NRT to stop smoking
- ◆ NRT is a safe alternative to cigarettes for smokers.
- ◆ NRT is less addictive than cigarettes and it is not creating a new addiction
- ◆ Do be cautious about using NRT while pregnant

Guidance For Smokers on Use of Nicotine Replacement Therapy

“NRT” is Nicotine Replacement Therapy for helping tobacco users quit. NRT products include the nicotine patch, gum and lozenge, and these products are sold “over-the-counter” (OTC) without a health-care provider's prescription. The nicotine in these products replaces, to some degree, the nicotine from cigarettes in a safe form to help smokers stop smoking. Reading NRT package labels and inserts gives important information about what it is and how it works. The makers of NRT are under strict rules on what can and cannot be written on the NRT label about how to use NRT.

If you are thinking about using NRT, you probably have some questions and an expert may not be on hand to answer them. To help smokers get all the answers they need, a group of smoking research experts and clinical experts wrote this statement containing some of the most helpful and important facts you need to know about using NRT.




317 George Street, Suite 210 • New Brunswick, NJ 08901

Phone: (732) 235-8222 • Fax: (732) 235-8298

Email: clinic@tobaccoprogram.org

Web: www.tobaccoclinic.org

 The Tobacco Dependence Program is sponsored by New Jersey Department of Health and Senior Services through the Comprehensive Tobacco Control Program

Kozlowski LT, .Giovino GA, Edwards B, DiFranza J, Foulds J, Hurt R, et. al. Advice on using over-the-counter nicotine replacement therapy- patch, gum, or lozenge- to quit smoking. Addictive Behaviors. 2007 Oct;32(10):2140-50.

This statement has not been approved by the FDA (Food and Drug Administration) or by any other regulatory agency; but it does represent the judgment of research and clinical experts. If you are able to consult with your health care provider on these issues, we advise that you do so, knowing that there are some NRT products and other tobacco cessation products available only by prescription.



SCHOOL OF
PUBLIC HEALTH

University of Medicine & Dentistry of New Jersey

Tobacco Dependence Program



Over-The-Counter Nicotine Replacement Therapy

Nicotine Gum • Nicotine Patch • Nicotine Lozenge