

Nicotine Patch Fact Sheet

Helps you quit smoking/chewing. Provides your body with nicotine to replace cigarettes/chew.

How to Use the Nicotine Patch

Take the following doses:

- One patch each day
 - Heavy smokers/chewers (more than 10 cigarettes a day; more than 1 tin a day) take:
21 mg for 4 weeks
14 mg for 2 weeks
7 mg for 2 weeks
 - Light smokers (less than 10 cigarettes a day), take:
14 mg for 4 weeks
7 mg for 4 weeks

Start this medicine on your quit day. Keep using this medicine for the full treatment time.

How to Put on the Nicotine Patch

Leave the patch in its sealed wrapper until you are ready to put it on. Wash your hands with soap and water before and after applying a patch.

The package instructions will show the body areas where you can wear the patch, typically between the neck and waist.

When putting on each new patch, choose a different place within these areas. Do not put the new patch on the same place where you have worn a patch in the past week. Be sure to remove the old patch before applying a new one. Do not put the patch over burns, cuts, or irritated skin. Put on a new patch if the old one has fallen off and cannot be reapplied.

If a Dose is Missed

If you forget to wear or change a patch, put one on as soon as you can. If it is almost time to put on your next patch, wait until then to apply a new patch and skip the one you missed.

Do not apply extra patches to make up for a missed dose.

Drugs and Foods to Avoid

Make sure your doctor knows if you are trying to quit and are also using insulin, asthma medicine (such as theophylline, albuterol, Serevent®), or medicine for depression (such as amitriptyline). Tell your doctor about all other medicines you use regularly. Your doses of these medicines may need to be changed when you quit smoking.

Do not smoke cigarettes at all during the time you are using the nicotine patch.

Warnings While Using this Medication

If you are pregnant or breastfeeding, only use this medicine if your doctor tells you to. Smoking can seriously harm your child. Try to stop smoking without using medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

Make sure your doctor knows if you have heart problems, uncontrolled high blood pressure, skin problems, or an allergy to adhesive tape.

You may have some mild skin redness, itching, burning, or tingling where you wear the patch. If this irritation is very bad or does not go away, call your doctor.

You will probably still have occasional urges. Have a plan for coping with situations where you may be tempted. This medicine is only part of a complete program to quit smoking.

Possible Side Effects While Using this Medication

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing
- Fast, slow, pounding, or irregular heartbeat
- Nausea, vomiting, dizziness, weakness, sweating
- Skin rash or swelling where the patch is worn

If you notice these less serious side effects, talk with your doctor:

- Mild nausea

If you notice other side effects that you think are caused by this medicine, tell your doctor.

YOU ARE URGED TO NOTIFY YOUR PRIMARY CARE PHYSICIAN REGARDING STARTING THIS NEW MEDICATION.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.