

## NICOTINE REPLACEMENT PRODUCTS

- Nicotine replacement products deliver small doses of nicotine into the body, which help relieve the cravings and withdrawal symptoms.
- Nicotine, although addictive, is not dangerous in itself, but smoking is, due to the other chemicals present in cigarettes.
- There are three common types of nicotine replacement products that are available without a doctor's order.

- **Nicotine patch**

- ◆ A new patch is worn on the skin each day.
- ◆ You must change the location of the patch daily.
- ◆ The nicotine patch is not a good choice for people with skin problems or allergies to adhesive tape.



- **Nicotine gum**

- ◆ The gum must be chewed and then placed between the cheek and gum tissue.
- ◆ You must chew a new piece of gum every 1 or 2 hours.
- ◆ Nicotine gum might not be appropriate for people with dentures or bridges.
- ◆ Don't use the gum with acidic beverages such as coffee or juice.



- **Nicotine lozenge**

- ◆ It is placed between the cheek and gum tissue and allowed to dissolve.
- ◆ The lozenge may be most appropriate for seniors with dentures or extensive dental work.
- ◆ The lozenge should be used every 1 or 2 hours.
- ◆ Coffee, juice, and other acidic beverages should not be consumed with the lozenge.



## 7. MEDICATIONS

Medications that do not contain nicotine can also help people quit smoking.

- They are available by a doctor's order.
- The most common are Zyban<sup>®</sup> and Chantix<sup>™</sup>



**If you are a smoker, you can ask your doctor or the nurse at Isabella for help with NRTs or other medication to help you quit.**