

Nicotine Patches

What are Nicotine Patches?¹

Nicotine patches are quit smoking aids worn like Band-Aids®. They give nicotine to the body through the skin.



How to Get Started²

Talk with your doctor before using patches, especially if you are pregnant or breastfeeding, or have heart issues.

- You can get patches over-the-counter.
- Many health plans cover the cost.

Dose and Schedule²

- Patches come in three doses or steps: 21 mg, 14 mg, and 7 mg.
 - » If you smoke more than 10 cigarettes per day >> start with 21 mg.
 - » If you smoke 10 cigarettes or less per day >> start with 14 mg.
- Stay on your first dose for six weeks, and then use the next lower dose for two weeks.
- Keep going till you reach the final dose (7mg).
 - » After two weeks at 7 mg, stop using the patches.

Tips for Use^{1,2}

- Put the patch on a clean, dry, non-hairy part of the body.
- Do not use lotion where you put the patch.
- Use medical tape if the patch slips off.
- Each day at the same time, take off the old patch and put on a new one.
 - » Change where you put the patch each day to avoid itchy skin, rash or redness.
- Do not cut patches or use more than one at a time.

Side Effects¹

If you use the patch, you may get:

- » Itchy skin, rash or redness
- » Sleep problems
- » Vivid dreams
- » Stiff and achy muscles
- » Fast heartbeat
- » Dizziness
- » Headache
- » Nausea

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!

**Call for FREE help to quit smoking!
1-800-300-8086**

¹ American Cancer Society. (2017). *Nicotine Replacement Therapy for Quitting Smoking*.

² American Academy of Family Physicians. (2017). *Pharmacologic Product Guide. FDA-approved Medications for Smoking Cessation*.