

Nicotine Replacement Therapy (NRT) Options:

It is advisable to discuss NRT usage with a physician or pharmacist prior to use. NRT may effect medication requirements.

Nicotine Patch:

- Nicotine patch takes up to four hours to reach peak effect
- Provides continuous delivery of nicotine, good for heavier smokers
- Heavier smokers may require higher dosage than 21 mg patch
- Pregnant and lactating women should remove at night

Possible Adverse Effects:

- May cause insomnia (if develops, remove patch at night and reapply in the morning)
- Skin rash (rotate sites daily)

What You Should Know about NRT:

- Combine patch with other NRTs when higher dosage is needed and / or while waiting for patch to reach peak effect.
- A combination of therapies may be more effective.
- Gum, lozenge and inhaler are good for those who don't want a steady dosage of nicotine but want support with occasional cravings.
- A longer course of NRT than package instructions indicate may be required.

Nicotine Gum:

- Nicotine levels peak within 30 minutes
- On average, one piece per hour for a one pack a day smoker
- Max. dose is 20 pieces per day
- NOT like normal gum. Use the **bite, bite, park** method in the product instructions in order to avoid side effects

Possible Adverse Effects:

- May be difficult method for those with dental problems to use
- Can cause jaw pain (if develops, review correct techniques)
- Stomach discomfort, heartburn, nausea, hiccups, oral soreness

- Avoid coffee, tea, soft drinks or citrus juices 15 mins. before or after using gum, lozenge or inhaler. These products reduce nicotine absorption.
- Cravings indicate dosage may be inadequate; increase by 7 mgs.
- May substitute lozenge, gum or inhaler in place of cigarettes if using a 'reduce to quit' method.
- If pregnant, talk to your doctor about smoking cessation options. NRT is safer than smoking.

Nicotine Lozenge:

- Useful if you have dentures or problems chewing
- DO NOT bite, swallow, or chew the lozenge
- Max. dose is 15 lozenges per day
- Nicotine levels peak within 30 minutes
- Lozenges contain phenylalanine. Advise your doctor if you have phenylketonuria

Possible Adverse Effects:

- May experience soreness in the gums and teeth, irritated throat tissue, hiccups and heartburn/indigestion

Nicotine Inhaler:

- The fastest NRT method of receiving nicotine
- A plastic cigarette shaped cartridge containing nicotine
- Mimics the hand-to-mouth motion of a cigarette
- 1 cartridge delivers 4mg nicotine, can replace 4 cigarettes

Possible Adverse Effects:

- Irritation of the mouth lining, runny nose, upset stomach

Stop Smoking Medications:

In pill form and available only by prescription. Start one week before planned quit date.

Bupropion (Zyban, Wellbutrin):

- Has an antidepressant effect
- May be combined with NRT for greater effectiveness
- Not recommended for those who suffer from seizures, eating disorders or using certain medications

Possible Adverse Effects:

- Insomnia, Dry mouth

Varenicline (Champix):

- Highest quit rates
- Makes smoking less satisfying while reducing cravings and withdrawal symptoms
- Not recommended for use by anyone under the age of 18

Possible Adverse Effects:

- Stomach upset, nausea, vomiting, vivid dreams, constipation, flatulence
- Observe for serious psychiatric symptoms, including changes in behavior, agitation, depressed mood, suicidal ideation and suicidal behavior

When used correctly, and in conjunction with behavioral support, NRT and stop smoking medications significantly increase the likelihood of your success in quitting.

For further support in quitting call 1-877-455-2233 or click:

quitnow.ca

Printshop # 254975

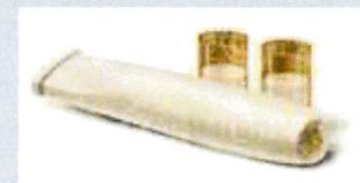
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FREE Nicotine Products & Drugs

The BC Smoking Cessation Program helps British Columbians stop smoking by assisting them with the cost of nicotine replacement therapy (NRT) products. For NRT information call: HealthLinkBC 8-1-1.

Eat Well...
Be Active...
Live Tobacco Free

Nicotine Replacement Therapy and Stop Smoking Medications



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