

Nicotine Patch Guidelines

To watch videos on how to properly use the nicotine patch, visit www.takingtexasobaccofree.com/videos. The video is available in English and Spanish.

Purpose of Nicotine Patches

Most people who use tobacco products experience nicotine withdrawal symptoms after they quit, such as craving and urges to smoke, tension, irritability, sadness, sleep problems, and difficulty concentrating. These symptoms often cause people to start using the tobacco product again.

Nicotine patches are a type of nicotine replacement therapy (commonly referred to as NRT) that contain low levels of nicotine that is released into the bloodstream. The purpose of the nicotine patch is to assist you to stop using tobacco by reducing nicotine withdrawal symptoms, slowly weaning the body off of it.

Despite their effectiveness, these products are not “magic bullets.” People may still experience some withdrawal symptoms while using them. It is very important that you learn to be a non-tobacco user while you are using a NRT product and avoid temptations to use a tobacco product.

Speak with a Doctor BEFORE Using Nicotine Patches if...

- you are woman and are pregnant or intend to become pregnant or are currently breastfeeding.
- you have heart problems such as congenital heart failure, irregular heartbeat, or recent previous heart attacks.
- you have high blood pressure not controlled with medication, or if you have stomach ulcers, diabetes, or a history of seizures.
- you have an allergy to adhesive tape or have skin problems (because you are more likely to get rashes when using the nicotine patch).

Proper Use/Handling of Nicotine Patches

- The recommended dose of your patch will depend on how much tobacco you use per day. The strength of the patch you use will change according to your stage in the nicotine replacement treatment. Your healthcare professional will provide specific guidance.
- Apply a new patch daily starting the day you intend to quit.
- Place the sticky side of the patch on a clean, dry, hairless area below the neck and above the waistline. Hold for 10 seconds.
- Avoid skin areas that are irritated, broken, scarred or tattooed.
- To avoid irritation, make sure to put the patch on a different area each day.
- It may be helpful to put the patch on at the same time each day in order to help you remember to wear it and for it to have the best effect.
- Do NOT wear the patch for longer than 24 hours. Unless otherwise advised by a healthcare professional, a person should not wear multiple patches at one time.

- If the patch causes sleep disturbances, remove the patch a couple hours before bed and apply the new patch in the morning.
- Wash your hands after applying and removing the patch. Nicotine could get into your eyes and nose and cause irritation.
- When removing, fold the patch in half and throw it away.
- Do not share the nicotine patch with others. Do not split your patch with someone else, as it will be less effective for both of you.

Possible Negative Side Effects of Nicotine Patches

Although many people experience no side effects from the patch, some people have minor reactions. The most common is skin irritation or a mild rash around the area where the nicotine patch is placed. If you experience any skin reaction, be sure that you are moving your patch site daily. In addition, you may consult with a physician and use hydrocortisone cream. You can find this cream at any pharmacy.

Do not let children handle these products. If any severe side effects or poisoning is suspected – for you or someone else – such as severe allergic reaction, seizures, dizziness, difficulty breathing, or irregular heartbeat, contact your health care provider and seek medical care immediately. You can contact the American Association of Poison Control at 1-800-222-1222 or seek further care at an emergency room.

If the Nicotine Patch is Not Sticking Well

- Thoroughly clean the skin and remove any moisturizers that may prevent stickiness.
- Find an area with minimal sweating.
- Make sure you apply significant pressure over the area.
- You may also use a band-aid to help keep the patch in place.

Storage of Nicotine Patches

- Store at room temperature.
- Keep out of the reach of children and pets.
- Keep away from excessive heat, moisture, and light.

If you have questions about the nicotine patches, contact your healthcare professional.

The recommendation for my nicotine replacement treatment is:
