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www.takingtexasbaccotfree.com

### Client Participation Acknowledgement

[CENTER] is participating in the Taking Texas Tobacco Free project in partnership with Austin Travis County Integral Care and the University of Houston. Through this partnership, [CENTER] has the ability to pass along free nicotine replacement therapy (NRT) products to people to assist them to successfully stop using tobacco products. More information about how to use these products can be obtained here: <https://www.takingtexasbaccotfree.com/videos> (available in Spanish and English). NRT delivers nicotine to the user, which helps control cravings to use their usual tobacco products while trying to quit.

Use of NRT is not required and is made available to people receiving services at [CENTER] on a voluntary basis. At the request of the person, the following products are available:

- 2 weeks supply of Nicoderm CQ patches (21 mg, 14 mg, or 7 mg);
- 2 week supply of 4 mg Nicorette gum (note: this should not be used if you have significant teeth loss);
- 2 week supply of 4 mg Nicorette lozenge.

While this will get you started, people often need to keep using NRT for several weeks while trying to quit. Please return to get additional products before your 2-week supply ends.

Initial below to acknowledge that you understand each of the following:

\_\_\_\_\_ NRT is an over the counter product and dosage/instructions are provided by the manufacturer;

\_\_\_\_\_ The NRT is not being prescribed by staff or volunteers at [CENTER];

\_\_\_\_\_ Medical oversight of NRT usage is not being provided by [CENTER];

\_\_\_\_\_ People should seek the advice of their primary medical provider related to their use of NRTs or any questions related to their own personal health;

\_\_\_\_\_ All NRT products are medications for adults and should be kept out of the reach of children;

\_\_\_\_\_ [CENTER] has provided instructions and information on how to properly use the NRT product(s).

\_\_\_\_\_  
Client Printed Name

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Printed Name

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

Based on information you provided to staff and volunteers at [CENTER] about the type of tobacco product(s) and how much you use each day, the staff and volunteers at [CENTER] are providing you with the following product(s) and ask that you use them as noted below.

Please return to get additional products before your 2-week supply ends.

### **Nicotine Patches**

- 21 mg patch - put one patch on each day for 14 days (1 box of nicotine patches)
- 14 mg patch - put one patch on each day for 14 days (1 box of nicotine patches)
- 7 mg patch - put on one patch each day for 14 days (1 box of nicotine patches)

### **Nicotine Gum**

- 4 mg gum – chew and park (between your teeth/gums and your cheek) one piece of gum, at a time
  - every 1 – 2 hours, or as needed, for 14 days (1 box of nicotine gum)
  - every 2 – 4 hours, or as needed, for 14 days (1 box of nicotine gum)
  - every 4 – 8 hours, or as needed, for 14 days (1 box of nicotine gum)

### **Nicotine Lozenge**

- 4 mg lozenge – place one dissolvable lozenge between cheek and gum
  - every 1 – 2 hours, or as needed, for 14 days (1 box of nicotine lozenge)
  - every 2 – 4 hours, or as needed, for 14 days (1 box of nicotine lozenge)
  - every 4 – 8 hours, or as needed, for 14 days (1 box of nicotine lozenge)