Nicotine Replacement Therapy
Information and Instructions for Nicoderm Patch Use

The following is a recommended guide for using the nicotine patch. Duration of using a certain strength may be adjusted depending on withdrawal symptoms.

For Heavy Smokers (10 cigarettes per day or greater):

Instructions:
• Apply the 21mg patch once per day for 4 weeks
• Then step down to a 14mg patch once per day for 1 week
• Then step down to a 7mg patch once per day for 1 week
• Then discontinue the patch
• When applying the patch, choose clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.
• You may use other forms of nicotine replacement with the patch (gum, lozenge, nasal, inhaler)

For Light Smokers (if one or more of the following applies):
- less than 10 cigarettes per day
- weight less than 100 pounds
- those that suffer from heart disease, such as angina

Instructions:
• Apply the 14mg patch once per day for 4 weeks
• Then step down to a 7mg patch once per day for 2 weeks
• Then discontinue the patch
• When applying the patch, choose clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.
• You may use other forms of nicotine replacement with the patch (gum, lozenge, nasal, inhaler)

On the day of surgery:
Remove the patch on the morning of surgery. Tell a healthcare professional if you are experiencing withdrawal symptoms. Resume nicotine replacement in the evening after your surgery.

If you have questions regarding the use of nicotine replacement therapy:
Contact our pharmacist Ozzie Buhrmann at 519-646-6000 pager 10439 or ext. 64376, or speak to your family doctor.
**Nicotine: Patient drug information**

**Canadian Brand Names**
Nicoderm®; Habitrol®; Nicorette®; Nicorette® Plus; Nicotrol®; generic brands also available

**Pharmacologic Category**
Smoking Cessation Aid

**Reasons not to take this medicine**
- If you have an allergy to nicotine or any other part of this medicine.
- Tell healthcare provider if you are allergic to any medicine. Make sure to tell about the allergy and how it affected you. This includes telling about rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other symptoms involved.
- If you have any of the following conditions: Chest pain or pressure or fast heartbeat.
- If you have temporomandibular joint disease and are using the nicotine gum.
- If you are smoking during recovery from a heart attack.

**What is this medicine used for?**
- This medicine is used to treat nicotine withdrawal.

**How does it work?**
- Nicotine is a substitute for smoking and can help decrease withdrawal symptoms.

**How is it best taken?**
- Get counseling to improve the success of quitting.

**Patch:**
- **Apply patch to clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.**
  The patch may be used with other forms such as...

**Inhaler:**
- Use inhaler as directed.

**Gum:**
- Do not swallow gum.
- Chew slowly until there is a tingling or peppery taste in the mouth.
- Then place between the cheek and gum.
- After the taste or tingle is gone, chew slowly again.
- Place between the cheek and gum at a different site once the taste or tingle returns.
- Keep repeating this for about 30 minutes or until the taste or tingle is gone.
- Do not eat or drink within 15 minutes of using gum.

**Lozenge:**
- Suck oral lozenge. Do not chew, break, or crush. Do not swallow whole.
- Take this medicine on an empty stomach. Take 15 minutes before or after meals.

**Nasal:**
- For the nose only.
- Shake well before use.
- Blow your nose before use.
What do I do if I miss a dose?
- Use a missed dose as soon as possible.
- If it is almost time for the next dose, skip the missed dose and return to your regular schedule.
- Do not use a double dose or extra doses.
- Do not change dose or stop medicine. Talk with healthcare provider.

What are the precautions when taking this medicine?
- The patch may contain conducting metal. Remove patch before MRI.
- Gum chewing can cause problems with dental work.
- When you stop smoking, other medicines may be affected. Talk with healthcare provider.
- Check medicines with healthcare provider. This medicine may not mix well with other medicines.
- If you have PKU, talk with healthcare provider. Some products do contain phenylalanine.
- If pregnant and using patch, consider removal at night.
- Tell healthcare provider if you are pregnant or plan on getting pregnant.
- Tell healthcare provider if you are breast-feeding.

What are some possible side effects of this medicine?
- Nervous and excitable.
- Headache.
- Nausea or vomiting. Small frequent meals, frequent mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help.
- Jaw ache from gum.
- Inability to sleep.
- Skin irritation.
- Nasal irritation.

What should I monitor?
- Change in condition being treated. Is it better, worse, or about the same?
- Follow up with healthcare provider.

Reasons to call healthcare provider immediately
- If you suspect an overdose, call your local poison control center or emergency department immediately.
- Signs of a life-threatening reaction. These include wheezing; chest tightness; fever; itching; bad cough; blue skin color; fits; or swelling of face, lips, tongue, or throat.
- Very nervous and excitable.
- Severe skin irritation.
- Any rash.
- No improvement in condition or feeling worse.

How should I store this medicine?
- Store at room temperature.
General statements

- If you have a life-threatening allergy, wear allergy identification at all times.
- Do not share your medicine with others and do not take anyone else’s medicine.
- Keep all medicine out of the reach of children and pets.
- Most medicines can be thrown away in household trash after mixing with coffee grounds or kitty litter and sealing in a plastic bag.
- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) with you. Give this list to healthcare provider (doctor, nurse, nurse practitioner, pharmacist, physician assistant).
- Call your doctor for medical advice about side effects. You may report side effects to Health Canada’s Canada Vigilance Program at 1-866-234-2345.
- Talk with healthcare provider before starting any new medicine, including over-the-counter, natural products, or vitamins.