

Nicotine Patch

The nicotine patch may help you stay off smoking by reducing your withdrawal symptoms. These symptoms can include dizziness, irritability, headaches, and lack of concentration. The patch gives you nicotine at a lower more even dose than your cigarettes do.

The nicotine patch should only be used when all smoking has stopped - on quit day and beyond. Do NOT smoke and use the patch! **When used with a stop smoking program, nicotine patch may help you quit for life.** Nicotine patch is not for everyone. Check with your doctor to see if it is best for you.

How it works:

When you wear the patch, it delivers a steady dose of nicotine through your skin into your bloodstream. The nicotine travels through your blood to your brain to help replace the nicotine your body got used to when you smoked. This will help you feel fewer withdrawal symptoms.

How to Use the Patch:

Talk to your doctor or nurse and read the instructions that come with the patch to learn how to use it. Your doctor will tell you: When to put the patch on, What size patch to wear, How long you should use it, When you should begin to reduce the dosage. Tell your doctor if you think you need to use the patch for a shorter or longer period of time.

Make Special Note of These Things When Using the Nicotine Patch

- Nicotine from any source can make some health problems worse, including, heart or circulation problems, high blood pressure, stomach ulcers, over active thyroid, or diabetes.
- Nicotine patch should not be used by patients with life-threatening cardiac arrhythmias, severe or worsening angina, or a recent heart attack.
- Nicotine patch may also cause problems with pregnancy and breast feeding.
- The nicotine patch may not work as well if you have skin problems or if your skin is irritated. In some users the patch may cause normal skin to become red or swollen. Do not use the patch on irritated skin.
- Nicotine patch is not for everyone
- Be sure to tell your doctor: If any of the previously mentioned conditions exist, If you have side effects (such as irritated skin, abnormal dreams, sweating, insomnia or diarrhea), what medications you are on, and if you are not ready to quit smoking.

Some Important Things to Remember:

- Don't use the patch if you are still smoking.
- Don't put the patch on red, irritated, burned, or broken skin.
- Don't wear the patch in the same place for over a week.
- Don't use more than one patch at a time.
- Don't let children or pets touch the patch.
- You can swim, exercise, take a bath or shower, and go inside a sauna while you are wearing the patch.
- If the patch falls off, throw it away and put a new one in a different, clean, dry place.
- Keep the patch inside it's envelope until you are ready to use it.
- Put a new patch on and take the old patch off at the same time each day as directed by your doctor.
- Use other smoking cessation programs or materials while you are using the patch.