

Patient Guide: Combination Tobacco Cessation Therapy

NICOTINE PATCH 21, 14, 7mg

Use Daily

NICOTINE GUM 2mg

Use As Needed

What does this medication do?

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

The gum has nicotine to help you quit smoking by decreasing withdrawal symptoms. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

How do I use it?

- ◆ Begin using the patch on your quit date.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch.
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing patch on same area more than once per week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- ◆ Remove patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

- ◆ Begin using the gum on your quit date.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of Chew and Park until the taste or tingle is gone.**
- ◆ Do not eat or drink 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ First week: Can use up to 6 pieces of gum per day as needed.
- ◆ Each week: Self assess and slowly decrease use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry gum with you.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

** One piece of gum lasts 20-30 minutes

What are the possible side effects?

- ◆ May cause minor burning, itching or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.**
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove the patch before going to sleep.

** Some patients are allergic to adhesive material

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea, and vomiting. **Proper gum use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.

Medication together with behavioral counseling gives you the best chance of quitting smoking