

# Patch

## Nicotine Replacement Patch (NRT Patch)

Tobacco contains a very powerful, addictive drug called nicotine. Your body becomes used to the effects of nicotine. When you go without it, quit, or cut back, your body and brain need to adjust. This adjustment is called nicotine withdrawal. Withdrawal can start as soon as 30 minutes after you last used tobacco. There is medicine that can help with withdrawal and increase your chances of quitting or reducing your tobacco use.

Your healthcare provider will help you decide if this product is the best one for you, what dose you need, how long you should take it, and if you should combine it with another tobacco cessation medicine.

### How does it work?

NRT replaces some, but not all, of the nicotine you get from tobacco, without all of the toxic and dangerous chemicals. NRT is safer to use than tobacco. The patch releases nicotine into your body through your skin in a slow and steady amount while you wear it throughout the day (for either 16 or 24 hours). Nicotine withdrawal should get better in 30 to 60 minutes.

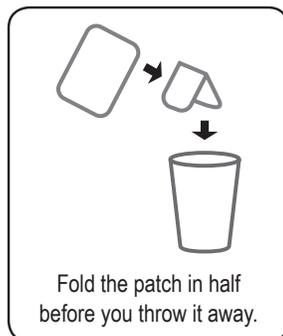
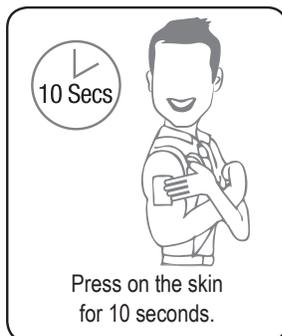
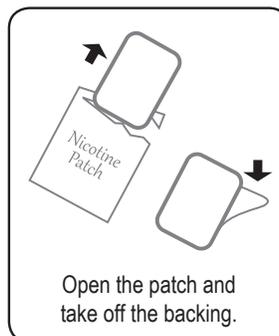
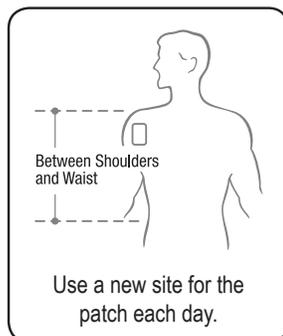
- The 24-hour patch comes in 7 mg, 14 mg, and 21 mg.

If you have any other medical conditions, or are pregnant or breastfeeding, make sure you tell your doctor and your pharmacist before you start this or any other medicine.

*Nicotine withdrawal can cause:*

- tobacco craving
- irritability
- anxiety
- trouble concentrating
- restlessness
- sleeplessness
- depression
- increased appetite

### How do I use it?



*Your body may clear the caffeine in coffee, tea, pop, and energy drinks differently once you stop smoking.*

*You may need to cut down or watch how much caffeine you drink once you stop smoking.*



## What else should I know?

- One patch gives you nicotine for 24 hours.
- You may choose to quit before you use the NRT patch.
- If you choose to use the patch as a way to prepare yourself for quitting, you may start using the patch two weeks before your quit date.
- Don't open the patch with your teeth or scissors because you can damage it and it will not work properly.
- The patch works best on clean, dry skin with no hair. Don't put it on skin you just shaved or put lotion on.
- The best places for the patch are on the upper arms, chest, and back.
- You can leave your patch on when you shower or bathe.
- Store the patches at room temperature in a closed container away from heat, moisture, and direct light.
- Store and dispose out of reach of children and pets as the patch has enough nicotine in it to harm a child or animal.

## What should I watch for?

- If you have any of these symptoms, you may be getting too much nicotine: fast heartbeat, nausea and vomiting, dizziness, weakness, fainting, sweating, blurry vision, trouble hearing, confusion, and seizures. Stop using and see a doctor right away.
- Side effects include:
  - Trouble sleeping or unusual dreams: you can take off the patch before bedtime. However, taking off the patch may also increase your nighttime and early morning cravings.
  - Itching, redness, or burning where the patch is. Make sure you are changing your patch sites. You can also try a different brand.
- Allergic reaction (for example: very bad itching, hives, swelling in your mouth, a tight feeling in your chest, or trouble breathing). Stop using it and see a doctor right away.
- Speak to your pharmacist about how quitting might affect other medicine you take. Your body may respond to some medicine differently once you stop using tobacco.

*Check with your doctor or pharmacist if you have any concerns about changes to your health, including depressed mood, while taking this medicine.*

Some people have even experienced suicidal thoughts when trying to quit smoking without medication. Sometimes quitting smoking can lead to worsening of mental health problems that you already have, such as depression.

Before taking any quit-smoking treatment, tell your healthcare provider (doctor, pharmacist or nurse):

- if you have ever had depression or other mental health problems;
- about any concerning symptoms you had during other times you tried to quit smoking, with or without medication.

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## What else can I do?

Your chance of successfully quitting tobacco improves if you combine quit methods like medicine and supportive counselling.

AlbertaQuits is free, convenient, personalized support to quit smoking or spit tobacco.

# AlbertaQuits

FREE | CONVENIENT | PERSONALIZED

[albertaquits.ca](http://albertaquits.ca)

1-866-710-QUIT (7848)