Nicotine replacement therapy

Nicotine patches help you to quit smoking

Contact information
Email: quitsmoking@alfred.org.au

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Talk to your health professional or quit smoking specialist for more advice regarding any of the information in this leaflet

Please note that this information leaflet is not intended to replace the product consumer medication information and health professional advice

If you would like to provide feedback or request a copy of this information, contact us at patient.info@alfred.org.au
Nicotine patch

How does it help?
A nicotine patch helps you to quit smoking by relieving the desire to smoke, and some of the feelings of withdrawal, which you may experience when you stop smoking, such as:

- irritability
- restlessness
- cravings for a cigarette

A nicotine patch increases your chance to quit and stay quit for good!

How does the patch work?
The patch delivers nicotine through the skin and into the bloodstream. This helps reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from your cigarette.

When do I use the patch?
Apply the patch once daily. It works best if used for 24 hours.

How many patches do I use?
Most people need one patch daily. Some may require an additional patch. Please see your health professional or quit smoking specialist for more advice.

How long should I use the patch?
Treatment is usually for at least 8 weeks. Please see your health professional or quit smoking specialist for more advice.

How do I apply the patch?
Apply the patch to clean, dry & 'hairless' areas of your body

- Upper arm and upper back area
- Across your chest area (avoid placing directly over your heart)

Once applied to skin, press down firmly for twenty seconds so the patch stays put!

If you apply your patch correctly you can shower, bathe or swim without worrying about it coming off.

How do I remove the patch?
To remove the patch from the skin, lift at the patch edge and gently peel away from the skin surface.

Talk to your health professional or quit smoking specialist for more information

Will I experience vivid dreaming?
Some people can experience vivid dreams whilst using patches. Be reassured that most vivid dreams go away after several days of treatment.

There are a few simple things that can help prevent this dreaming:

- Reduce your caffeine intake by at least half and avoid consuming caffeine in the evening.
- Ensure you are using a fast-acting product (such as the nicotine spray, gum, lozenge or inhalator) whenever you think you’ll want one or when you feel like a cigarette.

If vivid dreams persist, please see your health professional or quit smoking specialist for more advice.

Are there any special instructions?
Always rotate the site of application – this will help prevent skin irritation.

- If skin irritation occurs, a medicated cream may help alleviate the symptoms or you can try changing brands.

Please see your health professional or quit smoking specialist for more advice.

Can I use a nicotine patch and a fast-acting product at the same time?
A nicotine patch is often used together with a fast-acting product (such as nicotine gum, lozenge, inhalator or mouthspray) to help you quit smoking. This is known as ‘combination therapy’.

It is safe to use these two nicotine replacement products together and it gives you the best chance to quit.

Please see your health professional or quit smoking specialist for more advice.