



What are Nicotine Patches?

Nicotine patches are quit aids worn like Band-Aids. They give nicotine to the body through the skin.

How to Get Started

Talk with your doctor before using patches, especially if you are pregnant or breastfeeding, or have heart issues.

- You can get patches over-the-counter.
- Many health plans cover the cost.

Dose and Schedule

- Patches come in three doses or steps: 21 mg, 14 mg, and 7 mg.
 - If you smoke more than 10 cigarettes per day: start with 21 mg.
 - If you smoke 10 cigarettes or less per day: start with 14 mg.
- Stay on your first dose for six weeks, and then use the next lower dose for two weeks.
- Keep going till you reach the final dose (7 mg).
 - After two weeks at 7 mg, stop.



Tips for Use

- Put the patch on a clean, dry, non-hairy part of the body.
- Do not use lotion where you put the patch.
- Use medical tape if the patch slips off.
- Each day at the same time, remove the old patch and replace it with another.
 - Change where you put the patch each day to avoid itchy skin, rash, or redness.
- Do not cut patches or use more than one at a time.

Side Effects

Some people who have used this product have experienced:

- Itchy skin, rash, or redness.
- Sleep problems.
- Vivid dreams.
- Stiff and achy muscles.
- Fast heartbeat.
- Dizziness.
- Headache.
- Nausea.