

Nicotine Replacement Therapy	What strength do I use?	What else do I need to know?
<p>Nicotine Patch</p> <p>7 mg/24 hour patch 14 mg/24 hour patch 21 mg/24 hour patch</p>	<p>≥21 cpd = 21mg/day** 10-20 cpd = 14-21mg/day <10 cpd = 14mg/day</p> <p>**In some situations doses above 21mg/day may be needed to manage cravings and withdrawal symptoms. Please see your health care provider or tobacco treatment counselor for further recommendations</p> <p>After 4-6 weeks of not using tobacco, decrease dose by 7mg every 2-4 weeks as tolerated</p> <p>*cpd= cigarettes per day</p>	<ul style="list-style-type: none"> • Patches can be placed anywhere on the upper body, including arms and back. Apply to a different site every time a new patch is applied. • Only apply once daily • Mild skin rash and irritation from the adhesive may occur • Easy to use • Slow onset, will take a little time to provide relief, but will provide relief of symptoms over 24 hours • Cleaning the application site with alcohol before applying the patch will help it stick to the skin better.
<p>Nicotine Gum</p> <p>2mg, 4 mg</p>	<p>Based on time to first cigarette of the day <30 minutes = 4 mg gum ≥30 minutes = 2 mg gum</p> <p>Based on cigarettes/day (cpd) >20 cpd = 4 mg gum ≤20 cpd = 2 mg gum</p> <p>Initial dosing is 1-2 pieces every 1-2 hours (10-12 pieces/day) Reduce use as tolerated</p> <p>*cpd= cigarettes per day</p>	<ul style="list-style-type: none"> • This is not chewed like regular gum! • Chew briefly and then “park” the piece of chewed gum between your cheek and gum. The nicotine is absorbed through the lining of the mouth • Do not eat or drink 15 minutes before or during use. • Faster delivery of nicotine than the patch for rapid relief of symptoms • May need to use frequently during the day to maintain adequate nicotine levels for relief of symptoms • May not be appropriate for people with dental or jaw problems.
<p>Nicotine Lozenge</p> <p>2mg Commit Lozenge 4mg Commit Lozenge</p>	<p>Based on time to first cigarette of the day <30 minutes = 4 mg lozenge ≥30 minutes = 2 mg lozenge</p> <p>Based on cigarettes/day (cpd) >20 cpd = 4 mg lozenge ≤20 cpd = 2 mg lozenge</p> <p>Initial dosing is 1-2 lozenges every 1-2 hours (minimum of 9/day). Reduce use as tolerated</p> <p>*cpd= cigarettes per day</p>	<ul style="list-style-type: none"> • Use at least 8-9 lozenges/day initially. • Easy to use • Delivers about 25% more nicotine than the gum • Should not eat or drink 15 minutes before or during use. • Should not be chewed or swallowed • May causes nausea (dose related) • Not available in generic so cost may be a bit higher than the patches or gum • Faster delivery of nicotine than the gum or patch for rapid relief of symptoms

NRT is currently for adults (18 or older) and not approved for use in pregnancy or for persons with active chest pain or a recent heart attack.