

Long-Acting NRT

Nicotine Patches

Nicotine patches are a form of nicotine replacement therapy (NRT) that deliver a clean form of nicotine through the skin and into the bloodstream. They are available over-the-counter in 7mg, 14mg, and 21mg doses.

How to Use

1. Select a clean, dry, non-irritated and hairless part of the body, and remove the adhesive backing.
2. Apply the patch firmly to any location above the waist or as per product directions, rotating application sites daily. Avoid touching the adhesive with your fingers. Always wash your hands after applying, or removing a patch.
3. Wear the patch for 16-24 hours daily, replacing it with a new one each day.

Potential Side Effects

- Headaches
- Local skin irritation
- Vivid or abnormal dreams, insomnia (if this occurs, remove the patch 2 hours before bed)

Benefits

A. **Gradual delivery of nicotine**: patches deliver a continuous, controlled release of nicotine to reduce cravings and unpleasant symptoms of withdrawal.

B. **Convenient**: once applied, patches require minimal effort and can be worn discreetly under clothing.

C. **Flexible**: nicotine patches can be combined with short-acting NRTs and other prescription medications like varenicline or bupropion.

Recommended Dosing

Start with

If smoking...	<10 cpd*	14mg patch
	10-29 cpd	21mg patch
	>29 cpd	21+7mg patches

After 1-4 weeks on NRT

If still smoking...	1-5 cpd	Add additional 7mg patch
	6-9 cpd	Add additional 14mg patch
	10+ cpd	Add additional 21mg patch
If smoking...	0 cpd	Continue on current dose

- For breakthrough cravings, add one short-acting NRT. If more NRT is needed, discuss off-label dosing with your healthcare provider.

Pulled from CAN-ADAPTT's guide to smoking cessation.
**cpd = cigarettes per day*

Speak to your healthcare provider to assess what kind of nicotine replacement therapy is right for you.

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