

NICOTINE REPLACEMENT THERAPY

Information for Patients

What is Nicotine?

Nicotine is the addictive drug in tobacco. When you quit smoking you may experience nicotine withdrawal symptoms. These are temporary physical and emotional changes. Think of them as signs that your body is recovering from smoking.

What is Nicotine Replacement Therapy?

Nicotine Replacement Therapy (NRT) is used to help replace nicotine and assist you to stop smoking. It is also used to help smokers cope in smoke free environments, such as Central Gippsland Health.

Nicotine administered as medication is always safer than nicotine obtained by smoking. NRT does not include the harmful components found in cigarettes.


Do I require NRT to help manage my cravings?

During your stay at Central Gippsland Health you may be offered NRT to make you feel more comfortable in our smoke free environment. A staff member will talk to you about your smoking to determine if you require NRT and which type/s of NRT are most appropriate for you.

Where can I find more information?

Ask your nurse, pharmacist or doctor about advice on how to use NRT and about any side effects which might be worrying you, or check out Nicotine replacement therapy frequently asked questions section at www.quit.org.au.





Options for nicotine replacement therapy (NRT) at Central Gippsland Health

NRT TYPE, ADVANTAGES, PRECAUTIONS AND POSSIBLE SIDE EFFECTS	HOW IS IT USED?
<p>SHORT ACTING GUM</p>  <p>Can be used alone on a regular basis or as required combined with patches. Nicotine is absorbed through the mouth.</p> <p>Advantages:</p> <ul style="list-style-type: none">• Good distraction <p>Precautions & Possible Side Effects:</p> <ul style="list-style-type: none">• Side effects associated with nicotine may include indigestion, hiccups, nausea and vomiting• Headaches may occur if gum is chewed rapidly• Gum may stick to dentures and other dental work• Bitter taste resolves with use	<p>Use:</p> <ul style="list-style-type: none">• Chew slowly to release bitter taste and tingling sensation then rest against the inside of your mouth without chewing until tingling stops, then chew again.• ‘Chew, rest, chew’ for about 30 minutes until taste and tingling starts to fade, then discard.• Do not eat or drink while using <p>Dose:</p> <ul style="list-style-type: none">• 1 piece every 1 to 2 hours (the gum comes in different strengths; the dose will depend on how much you smoke)• Recommended regular use unless used to supplement patches• Maximum 12 pieces in 24 hours <p>Onset and duration of action:</p> <ul style="list-style-type: none">• Starts working in about 5 minutes• Maximum effect achieved in about 30 to 40 minutes



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NRT TYPE, ADVANTAGES, PRECAUTIONS AND POSSIBLE SIDE EFFECTS	HOW IS IT USED?
 <p>LONG ACTING PATCH Can be combined with short active to manage breakthrough cravings and withdrawal. Worn on the skin and slowly releases nicotine.</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Discreet • Easy to use • Constant nicotine <p>Precautions & Possible Side Effects:</p> <ul style="list-style-type: none"> • Some redness may occur - this is normal • If skin irritation occurs, another brand can be tried • Patch can be removed overnight if sleep is disturbed 	<p>Use:</p> <ul style="list-style-type: none"> • Apply to clean, dry and hairless skin on upper body • Apply a new patch daily • Alternate sites to avoid sensitivity • Does not need to be removed when showering <p>Dose:</p> <ul style="list-style-type: none"> • 1 patch daily (they come in different strengths; the dose will depend on how much you smoke) • 2 patches may be required if cravings persist • Patches can also be combined with short-acting NRT <p>Onset and duration of action:</p> <ul style="list-style-type: none"> • Starts to be effective in about 2 to 3 hours • Maximum effect achieved after about 6 hours
<p>LOZENGES</p>  <p>Releases nicotine by dissolving in side of mouth, usually within 30 minutes.</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Discreet • Easy to use <p>Precautions & Possible Side Effects:</p> <ul style="list-style-type: none"> • Side effects associated with nicotine may include indigestion, hiccups, nausea and vomiting 	<p>Use:</p> <ul style="list-style-type: none"> • Put in the side of mouth (between cheek and gum) and allow to dissolve • Dissolves in 20 to 30 minutes • Do not chew or swallow • Do not eat or drink while using <p>Dose:</p> <ul style="list-style-type: none"> • 1 lozenge every 1 to 2 hours • Recommended regular use unless used to supplement patches • Maximum 15 pieces in 24 hours <p>Onset and duration of action:</p> <ul style="list-style-type: none"> • Starts working in about 5 minutes • Maximum effect achieved in about 30 to 40 minutes
<p>INHALATOR</p>  <p>Only available at CGH if lozenges and gum are not appropriate.</p> <p>Puffed rather than inhaled. Nicotine absorbed through the lining of the mouth.</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Mimics action of smoking, assisting in hand-mouth behaviour <p>Precautions & Possible Side Effects:</p> <ul style="list-style-type: none"> • Side effects associated with nicotine may include indigestion, hiccups, nausea and vomiting • Not suitable for those with asthma due to possible irritation of airways • May also cause cough • Technique is important to achieve effect 	<p>Use:</p> <ul style="list-style-type: none"> • Separate the mouth piece, insert cartridge and reassemble mouthpiece • Take short and shallow inhalations frequently, similar to sipping on a straw. Do not inhale deeply into the lungs • Do not use while eating or drinking <p>Dose:</p> <ul style="list-style-type: none"> • Contents of 1 cartridge to be inhaled every 2 to 4 hours • Recommended regular use unless used to supplement patches <p>Onset and duration of action:</p> <ul style="list-style-type: none"> • Starts working in about 5 minutes • Maximum effect achieved in about 30 to 40 minutes
<p>MOUTHSPRAY</p>  <p>Only available at CGH if lozenges and gum are not appropriate. Nicotine absorbed through the lining of the mouth (and under the tongue).</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Delivers nicotine the fastest of all fast-acting formulations <p>Precautions & Possible Side Effects:</p> <ul style="list-style-type: none"> • Side effects associated with nicotine may include indigestion, hiccups, nausea and vomiting • Physical dexterity is important for operating the mouth spray 	<p>Use:</p> <ul style="list-style-type: none"> • Spray under the tongue or in the inside of your cheek • Do not swallow for a few seconds after spraying for best results • Do not use while eating or drinking <p>Dose:</p> <ul style="list-style-type: none"> • 1 to 2 sprays every 30 to 60 minutes as required • Maximum 64 sprays in 24 hours <p>Onset and duration of action:</p> <ul style="list-style-type: none"> • Starts working in about 5 minutes • Maximum effect is achieved after 15 minutes