

I am ready to quit.

I have set my quit date.
I have a plan to deal with cravings.
I am ready.

Combination nicotine replacement therapy means you can use a nicotine PATCH in **COMBINATION** with nicotine GUM or LOZENGES. The nicotine patch is used to help decrease withdraw symptoms while the nicotine gum or lozenges are used to decrease cravings.

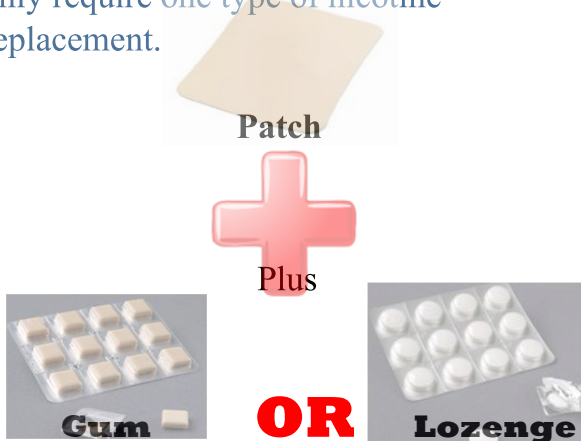


Q: Who would benefit most from combination nicotine replacement therapy?

A: People who use tobacco equal to more than one pack of cigarettes per day.

Q: If My doctor and I decide combination therapy is right for me, how long will I use it?

A: Usually after about 3 weeks you will only require one type of nicotine replacement.



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**

Harford County Health Department
1321 Woodbridge Station Way, Suite A
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www.harfordcountyhealth.com

Using Combination
Nicotine Therapy
To Get Quit



Harford County
Health Department

"Healthy People in a Healthy Environment"

410-612-1781
www.harfordcountyhealth.com

Nicotine Patches

For the LONG HAUL



Nicotine patches have a **long, slow** delivery of nicotine. You put one on every morning and it works **SLOWLY** all day to reduce your cravings. **This is your MAIN source of Nicotine.**







Nicotine Gum or Lozenge

When you feel the NEED for SPEED









You can use nicotine gum or lozenge in **addition** to your patch when your cravings are more intense. **This is your AS NEEDED source of nicotine.**

How to use Nicotine patches?





- ◆ **STOP**  using all tobacco products when you start using the nicotine patch.
- ◆ Apply **only one**  patch every day to clean, dry, hairless skin.
- ◆ Do not apply lotion, oil or sunscreen before applying the patch.
- ◆ The patch can be placed on any non-hairy part of the body– from the waist up.
- ◆ To avoid a skin reaction to the adhesive apply the patch to a **NEW site** every day.
- ◆ Peel backing from patch and press onto skin. Hold or rub for at least  30 seconds.
- ◆ Wash your hands after applying patches to avoid getting nicotine in your eyes.
- ◆ Patches may be worn for 16 to 24 hours. If morning cravings are intense, wear patch for 24 hours. **Do not wear patches for more than 24 hours.** 
- ◆ **Do NOT cut the patch into smaller pieces.**
- ◆ After removing patch, fold the sticky side together and dispose in the trash 
- ◆ **NICOTINE IS A POISON!**  Used patches are dangerous for children and pets. Dispose properly.

How do I use Nicotine Gum?

- ◆ Nicotine gum works differently than tobacco. The nicotine is released from the gum by chewing and then is **ABSORBED** from the lining of your **MOUTH**
- ◆ Stop **STOP**  using all tobacco products when you start using the nicotine gum.
- ◆ Place **ONLY ONE**  piece of gum in your mouth  at a time.
- ◆ Begin to chew slowly. Chew 5-10 times. You may feel a warm or tingling sensation.
- ◆ **PARK**  the nicotine gum between  your cheek and gums.

- ◆ Hold the nicotine gum between your cheek and gums until the tingle stops (about 1 minute).
- ◆ Repeat this process for up to 30 minutes, then discard gum.
- ◆ Wait **15 minutes** after eating or drinking before using nicotine gum.
- ◆ Keep nicotine gum out of reach of children or pets. **Nicotine is a poison!** 
- ◆ Only use gum when you are having a craving. Do not use more than 12 pieces of gum in 24 hours while also using nicotine patches.

How do I use Nicotine Lozenges?

- ◆ Nicotine Lozenges work differently than tobacco. Nicotine is released from the lozenge as it dissolves and then is **ABSORBED** through the lining of your **MOUTH**.
- ◆ Stop using all tobacco products when you start using the nicotine lozenge.
- ◆ Place **ONLY ONE** lozenge  in your mouth at a time.
- ◆ **DO NOT CHEW OR SWALLOW.**
- ◆ Wait 15 minutes after  eating or drinking before using lozenges 
- ◆ No eating or drinking while using a lozenge.
- ◆ The lozenge will dissolve slowly over 20 to 30 minutes. You may notice a warm or tingling feeling.
- ◆ Suck or “work” the lozenge in your mouth a few times, then allow the lozenge to “rest” in your cheek. Repeat this process while moving the lozenge from one side of your mouth to the other as it dissolves.
- ◆ Keep lozenges out of reach of children or pets. **Nicotine is a poison!** 
- ◆ Only use lozenge when you have a craving. Do not use more than 12 lozenges in 24 hours while also using nicotine patches.