



# Nicotine Replacement Therapy

## Does it work?

Nicotine replacement therapy increases your chance of quitting by reducing feelings of nicotine withdrawal and cravings. The most commonly used nicotine replacement therapy are the nicotine patch, gum, and lozenge.

## It can work for you.

You may have used the patch, gum, or lozenge in the past and felt it didn't work. This is commonly caused by **not getting enough nicotine**. Be sure to **use nicotine therapy for the full amount of time and the right dosage**.

**Read all of manufacturer instructions** before using any nicotine replacement therapy. And remember to talk with your health care professional for quit support and questions about medications and dosing.

## Combination Nicotine Therapy

For most smokers, combination nicotine therapy, or combination therapy, is more effective than taking one form of nicotine treatment alone.

### What is it?

Combination therapy means **using a long-acting nicotine therapy** like the patch, **with a short-acting therapy** like the gum or lozenge, as prescribed.

### How does it work?

**The patch provides a steady dose of nicotine throughout the day** – making you feel less like you need to smoke. **The gum or lozenge works fast to fight sudden cravings** in their tracks!

### Is it right for me?

If you have used nicotine therapy, as directed, in the past and relapsed or felt like you needed more to help you through withdrawal, combination therapy may be worth trying.

## Nicotine Patch

### How do I use it?

Place the nicotine patch on clean, dry skin each day. Try keeping the patch on during sleep. If you have trouble sleeping, take the patch off before going to bed.

### How does it work?

The nicotine patch is a long-acting therapy that provides a steady amount of nicotine into your system. This helps to manage cravings throughout the day.

## Nicotine Gum

### How do I use it?\*

- 1 Chew** a single piece of the gum slowly and briefly. A peppery, spicy, or tingly sensation should begin.
- 2 Park it** between your gum and cheek for about five minutes.
- 3 Repeat** about five times or for 30 minutes and discard it when you're done.

### How does it work?

Nicotine in the gum is absorbed through the lining between your cheek and gum. The nicotine gum is a short-acting therapy. It works best for sudden cravings and withdrawal during the day.

## Nicotine Lozenge

### How do I use it?\*

Place a single lozenge in your mouth and move from side to side occasionally. Do not chew or swallow. Allow the lozenge to dissolve slowly (20-30 minutes).

### How does it work?

Like the gum, nicotine in the gum is absorbed through the lining between your cheek and gum. The nicotine lozenge is a short-acting therapy. It works best for sudden cravings and withdrawal during the day.

\*Do not eat or drink 15 minutes before or during gum or lozenge use.

**Still have questions about how to use nicotine therapy?**

**Talk with your health care provider** or call the Quitline **1-866-NY-QUITS** (1-866-697-8487).