

## How to use Nicotine Replacement Therapy (NRT)

It is safe to use a nicotine patch and another type of nicotine replacement therapy (NRT) at the same time. The patch is designed to deliver nicotine at a steady rate over 24 hours (1 day). Adding another type of NRT in addition to the patch may help with cravings.

### Nicotine patch

Each morning, apply 1 patch above your waist to a clean, dry area of skin with no hair.

**Be sure to remove the patch from the previous day before applying a new one.**

Apply to a different area each day to prevent skin irritation.

1. Press the patch against your skin for 10 to 20 seconds to make sure it sticks well.
2. Leave the patch on for up to 24 hours (1 day). If it bothers you while you sleep, remove it at bedtime.
3. When you remove the patch, fold the sticky sides together and throw it away safely, away from children and pets.



### Nicotine gum

**Do not swallow the gum.**

**“Chew and Park”:**

1. Chew the gum a couple of times, until there is a “peppery” nicotine taste, or a tingling feeling in your mouth.
2. “Park” the gum between your cheek and gums to let the nicotine absorb through the lining of your mouth.
3. When the taste goes away (usually within 1 minute), repeat steps 1 and 2.
4. After about 30 minutes, the nicotine has been fully released.
5. The gum can then be thrown away safely, away from children and pets.



## Nicotine lozenges

### Do not swallow or chew the lozenge.

1. Suck on a lozenge until there is a strong “peppery” taste.
2. “Park” the lozenge between your cheek and gums to let the nicotine absorb through the lining in your mouth.
3. Keep sucking and “parking” the lozenge until it dissolves (is gone) or your craving goes away.



## Nicotine inhaler

1. Line up the marks on the inhaler. Pull to separate the inhaler into 2 parts.
2. Remove a cartridge from the package and place it in the bottom of the inhaler. Press firmly to break the seal of the cartridge.
3. Put the 2 parts back together. Line up the marks to close.
4. Twist the 2 parts so that the marks do not line up to secure.
5. Place the tapered (slim) end in your mouth and puff in short breaths to fill your cheeks.  
**Do not inhale into your lungs like a cigarette.**
6. After about 20 minutes of continuous puffing, or 80 puffs, the cartridge will be empty.
7. **You do not have to use the cartridge for the full 20 minutes.** You may get several uses out of 1 cartridge.
8. When empty, throw away the cartridge safely, away from children and pets.
9. The mouthpiece can be washed and reused.



Visitors and outpatients can buy over-the-counter NRT products at pharmacies and stores to help them stay tobacco-free more comfortably while at our facilities.