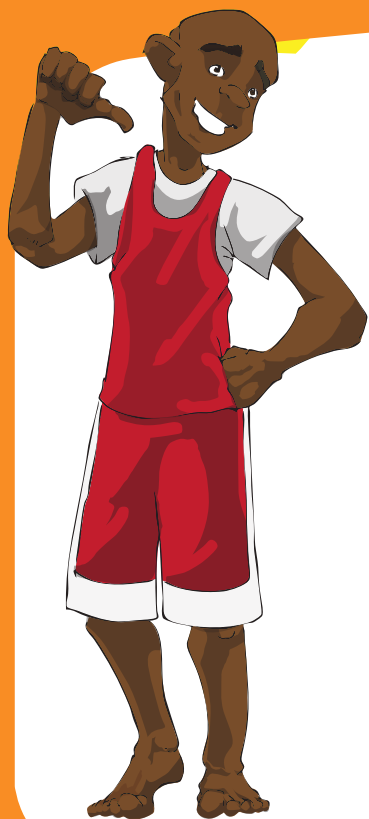


Nuff of the Puff

of the



Nicotine Replacement Therapies

Flip Chart



This Tackling Indigenous Smoking program is funded by the Australian Government Department of Health.

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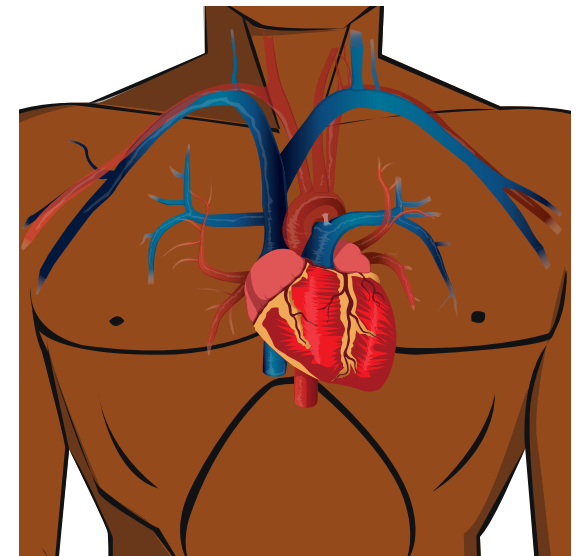
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Before using Nicotine Replacement Therapies you must see a Doctor if you:

- Are pregnant or breast-feeding
- Have medical problems including:
 - Heart Attack
 - Irregular or rapid heartbeat
 - Stroke
 - Uncontrolled high blood pressure
 - Chest pain
- Are suffering from a mental illness
- Are under 16 years of age
- Have had previous quit attempts using Nicotine Replacement Therapies
- Are wanting to try Varenicline (Champix®)



People Who Use

**Nicotine
Replacement
Therapy**

double their chances of quitting

Nicotine Replacement Therapies available from the clinic:

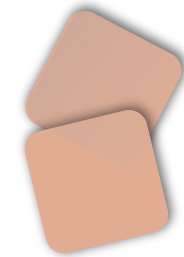
Nicotine Replacement Therapy...

Talk to your Aboriginal Health Worker, Nurse or Doctor
They can help

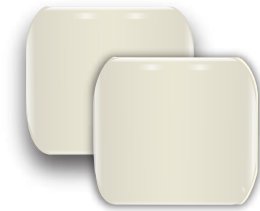
Tablets

For any tablets you must see a Doctor

Patches



Gum



Varenicline (Champix®)



Is Nicotine Replacement Therapy addictive?

Nicotine from a cigarette

- Nicotine is the drug in tobacco which causes addiction in people who smoke. It is a highly toxic chemical. Within seconds of inhaling smoke from a cigarette, nicotine reaches the brain releasing dopamine, a brain reward chemical. The nicotine causes a change in the structure and the working of the brain, which leads to, and maintains, the addiction.

Nicotine in Nicotine Replacement Therapies

- Nicotine Replacement Therapies provide a lower amount of Nicotine compared to a cigarette. It is delivered in controlled doses and the amount is decreased over a period of time.
- The good thing about using Nicotine Replacement Therapy is that you are not being poisoned by the other 4000 dangerous chemicals that are in cigarette, some of these chemicals are known to cause cancer.

Cigarette Poisons



Nicotine Replacement Therapies are much safer for you than smoking

How do Nicotine Replacement Therapies work?

Nicotine Replacement Therapies work by:

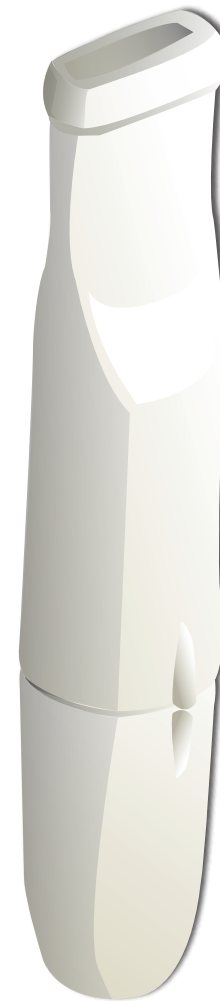
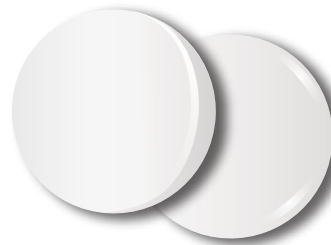
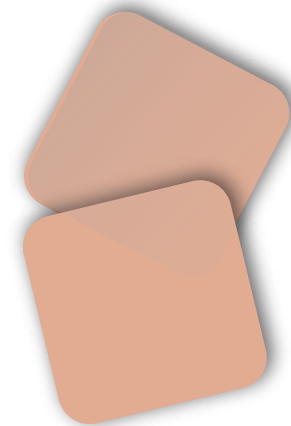
Providing the body with a controlled dose of Nicotine which replaces the nicotine lost when a person gives up smoking. It is a much smaller amount of Nicotine than in a cigarette and is slowly reduced until the person can quit all together. Nicotine Replacement Therapies do not contain the thousands of other chemicals that are in a cigarette but they do help to relieve cravings and withdrawal symptoms.

Studies show using Nicotine Replacement Therapies with a quit plan and counselling / support can double the chances of a person quitting for good.



There are 5 different Nicotine Replacement Therapies

- Patches
- Gum
- Lozenges
- Mouth Spray
- Inhalers





FLIP INSERT
Title: PATCHES



Nicotine Replacement Therapy: Patches

There are 24 hour patches, which come in three strengths of 21mg, 14mg, and 7mg of nicotine

There are 16 hour patches, which come in three strengths of 25mg, 15mg and 10mg



Some brands of nicotine patches can come in several different strengths.

Who should not use Nicotine Patches?

Do not use if:

- If you are allergic to nicotine or adhesive tape
- You are under 12 years of age

Ask your doctor before use if you are:

- Pregnant or breast-feeding
- Are under 18 years of age
- Are taking other medicines
- Have had a heart attack or stroke in the past
- Have uncontrolled high blood pressure



How do Nicotine Patches work?

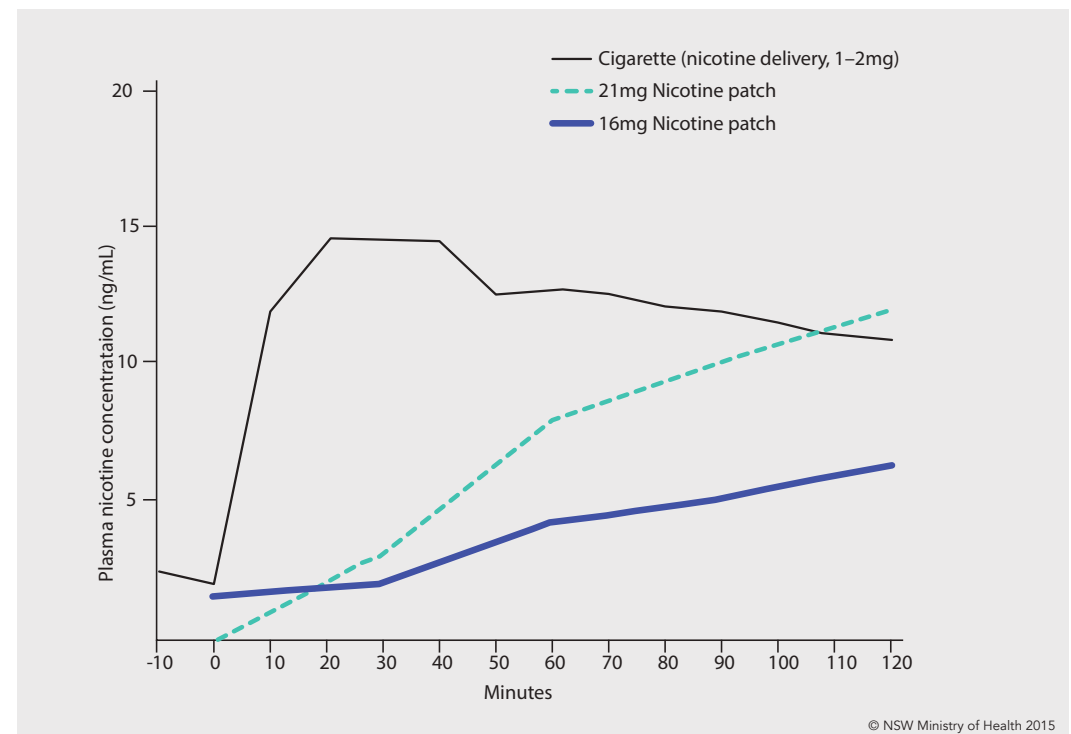
Nicotine patches work by providing a continuous low level of nicotine to help reduce the cravings for a cigarette.

As seen from the graph, nicotine patches (dotted green line 21mg and solid blue line 16mg) provide a consistent low level of nicotine whereas cigarettes (solid black line) provide a high level of Nicotine in a short span of time.

Over a day a patch typically delivers two thirds the amount of nicotine that a cigarette delivers.

When the patch is applied, the nicotine is absorbed through the skin. It's important to read the instructions carefully and stick to the recommended dose.

Blood plasma levels for NRT products vs. cigarettes



Source: The Health Consequences of Smoking – 50 Years of Progress. A Report of the Surgeon General
Adapted from Fant et al. 1999 with permission from Elsevier © 1999.

, 2014

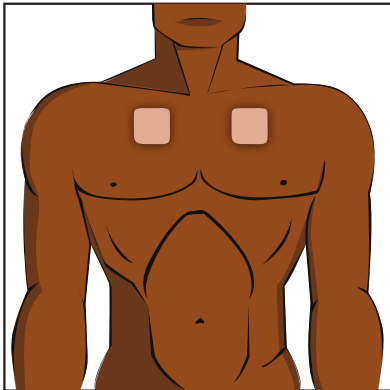
Note: mg = milligrams; ng/mL = nanograms per millilitre.

How to use Nicotine Patches

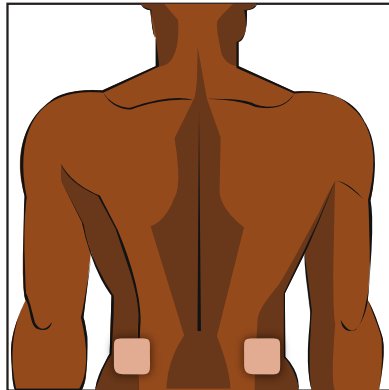
- Use a NEW patch every day
- Remove from plastic coating and press patch onto skin for 20 seconds
- Stick the patch to skin that is:
 - Dry
 - Clean
 - Relatively Hairless

(People who have a lot of body hair can trim the hair in that area with scissors. Don't shave the area before putting a patch on. Shaving can irritate the skin and the patch may not work as well as it should.)
- Stick the patch to one of the following places on your body. Use a different area every day.

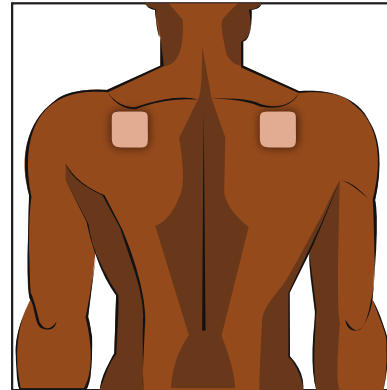
Chest



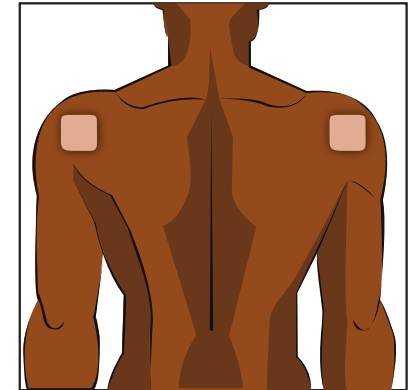
Hip



Back



Upper Arm

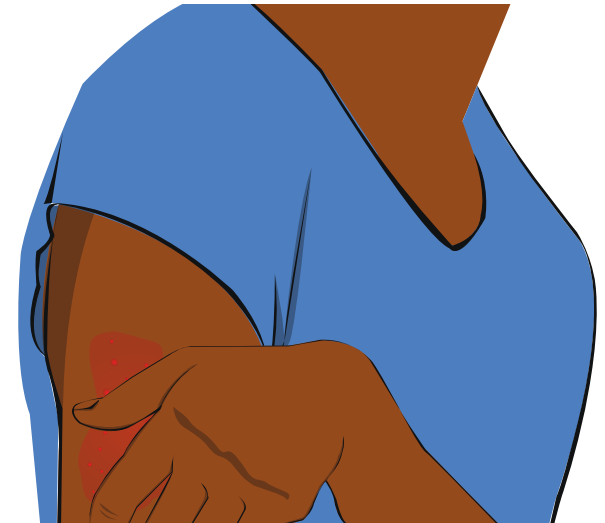


When using Nicotine patches in warm climate it is recommended to apply the patch when you are not hot and sweaty, it may help to use fixamol over the patch to help it stick.

Where not to use a Nicotine Patch

Never use a patch on skin that is listed below

- Red, infected or broken
- Recently shaved areas
- After apply creams, lotions or sunscreen
- Areas on the body that are likely to fold when you sit or exercise
- Areas that might get sweaty or wet in less than 1 hour after applying



Side effects of Nicotine Patches

Medicines and their possible side effects can affect individual people in different ways. The following are some of the side effects that are known to be associated with Nicotine patches. Not everyone will experience all of these side effects, some people will not experience any side effects at all.

- Redness or rash where patch was applied
- Headache
- Dizziness
- Abdominal discomfort
- Nausea and indigestion
- Itching or irritation where patch was applied
- Sleep disturbances, insomnia and vivid dreams (24hr patch)



Talk to your Aboriginal Health Worker, Nurse or Doctor if you experience any of these side effects.

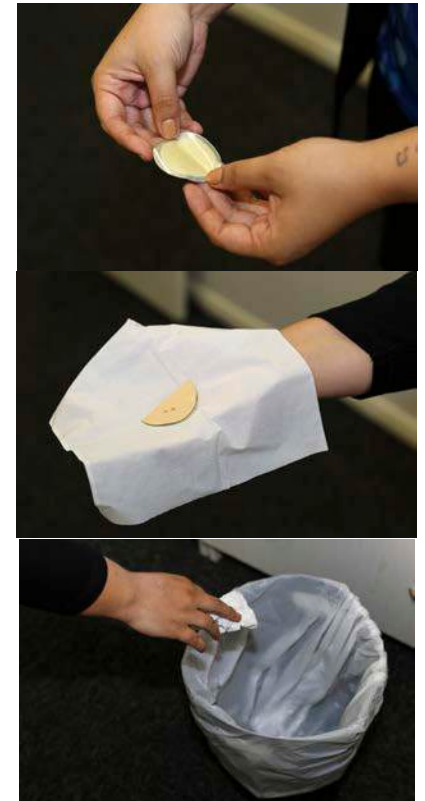
Things that may help if you have side effects from Nicotine Patches

PROBLEM	POSSIBLE SOLUTION
Morning cravings	Check patch technique Encourage to wear for full 24hrs
Using patch daily but still having daytime cravings	Try Combination NRT: add nicotine gum
Sleep disturbances/ bad dreams	Try changing time of day of application (morning suggested) If using 24hr patches switch to a 16hr patch or lower strength. Try changing from patches to another Nicotine Replacement
Patch not staying on	Check technique Try sticking patch on with tape or adhesive dressing e.g. fixomul
Patch causing skin irritation	Check technique Mild irritation is normal, skin may look a little red for up to a day after removing patch. If irritation is more severe talk to a health care professional or change to a different nicotine replacement.
Lapse or Slip up	Talk to a health care professional. Smoking while using patches can give your system too much Nicotine leading to side effects.

Disposing of used Nicotine Patches

Once you have removed your used Nicotine Patch it is very important to remember that each Patch still contains nicotine and needs to be disposed of properly. Nicotine is a poison and can make children or animals very sick, always keep out of reach.

- When you take off a patch, fold the sticky halves together
- Wrap in paper
- Put it in a bin that is out of reach of children and pets



Store Patches in a cool area as heat can damage the patch. Do not store in the bathroom.

Is it safe to use Nicotine Patches while pregnant or breast-feeding?

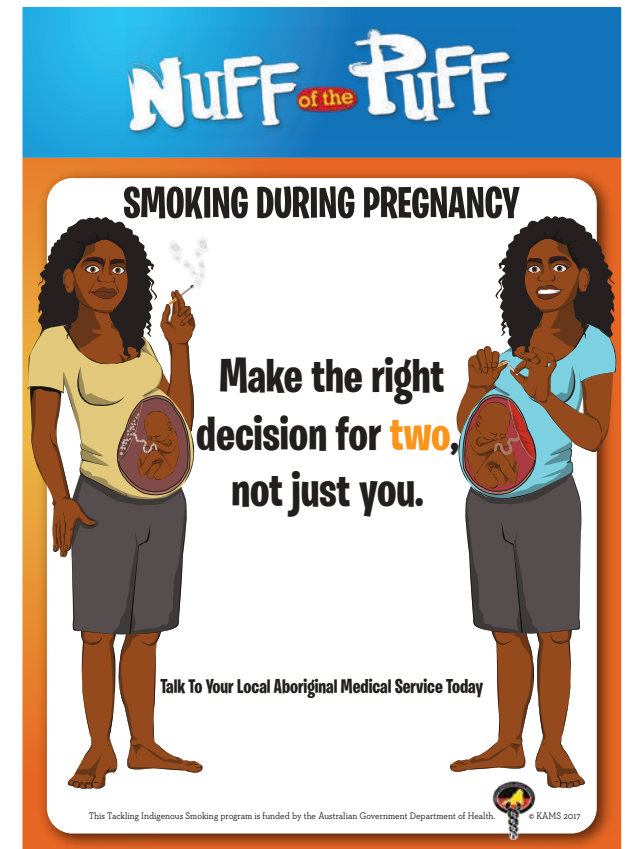
If you are pregnant or breastfeeding and smoke the recommended option is to quit without the help of Nicotine Replacement Therapies.

Patches are not recommended for pregnant or breastfeeding mothers because it delivers a continuous dose of nicotine.

Use one of the other options like Gum, Lozenges, Inhalers or Sprays, they deliver a lower dose of Nicotine. If Patches are used, they must be taken off at night before going to sleep.

Pregnant women who smoke should discuss the risks and benefits with their doctor as early as possible in their pregnancy and only use this medicine on their Doctors advice.

Nicotine Replacement Therapies are safer then smoking as you get less nicotine and none of the other harsh chemicals that are in a cigarette.



Nicotine Replacement Therapies are safer then smoking if you are pregnant or breastfeeding.



FLIP INSERT
Title: GUM



Nicotine Replacement Therapy: Gum

Nicotine Replacement Therapy Gum Is available in two strengths

2mg

4mg



Talk to your doctor or health worker for a recommended strength.

Who should not use Nicotine Gum?

Do not use if:

- If you are allergic to nicotine
- You are under 12 years of age

Ask your doctor before use if you are:

- Pregnant or breast-feeding
- Are under 18 years of age
- Are taking other medicines
- Have had a heart attack or stroke in the past
- Have uncontrolled high blood pressure
- Have a stomach ulcer



How do you use Nicotine Gum?

Nicotine Gum is not like chewing normal gum. It is used in a special way to ensure that the nicotine is absorbed through your mouth lining. If this Gum were to be chewed in the normal way, most of the nicotine would be swallowed, broken down in the stomach and not work.

Follow steps below for best result when using Nicotine Gum

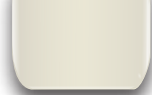


- **Chew** Nicotine Gum slowly until you feel a tingle or a 'peppery' taste in your mouth.
- **Stop** chewing. Rest the Nicotine Gum between your cheek and your teeth or under your tongue for 1 minute.
- **Chew** Nicotine Gum again when the taste or tingle has gone.
- **Repeat** the first 3 steps for 30 minutes then remove from mouth and place in the bin away from reach of children or pets.



Remember to chew slowly and to **CHEW, STOP, CHEW**

How much Nicotine Gum can you use in a day?

Nicotine Gum comes in two strengths:

- Use no more than one piece of Nicotine Gum  in an hour
- 2mg: use no more than 20 pieces of Nicotine Gum  in one day
- 4mg: use no more than 10 pieces of Nicotine Gum  in one day
- Try and reduce the amount of Nicotine Gum over the 12 weeks

(People under 18 years old use less)



Some important things to remember when using Nicotine Gum

- Remember not to eat or drink 15 minutes before and after chewing the gum because this may affect the absorption of the Nicotine Gum.
- If you chew too quickly, the nicotine will go into the stomach, be broken down and will not work. It may give you indigestion and even cause nausea.
- If you chew too much you could get a sore mouth or jaw. You may also get a headache, hiccups or a mouth ulcer. Stick to the recommended amount.



Side Effects of Nicotine Gum

- Sore mouth or throat.
- Throat irritation.
- Headache.
- Dizziness.
- Increased salivation.
- Hiccups.
- Jaw ache.
- Nausea and vomiting.
- Blisters or sores in the mouth.



Talk to your Aboriginal Health Worker, Nurse or Doctor if you experience any of these side effects.

Nicotine Gum: Steps to help you quit smoking

Week 1

- Replace every second cigarette with a piece of Nicotine gum



Week 2

- Replace every 2 cigarettes with a piece of Nicotine gum



Week 3

- Replace every 3 cigarettes with a piece of Nicotine gum

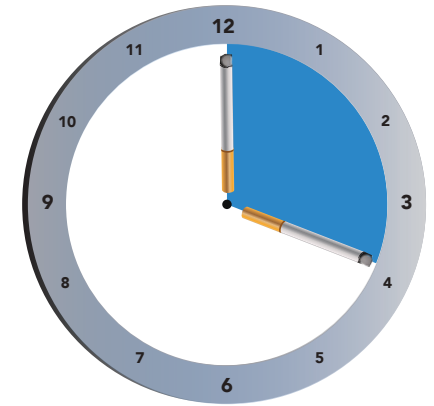


Once cravings have reduced it is important to slowly reduce your Nicotine gum. Listen to your body

Nicotine Gum: Steps to help you quit smoking

Cutting Down and Quit Tips

- Increase the time between each cigarette
- Use up to 10 x 4mg Nicotine gum or up to 20 x 2mg Nicotine gum a day
- Smoke only at planned times
- Give up certain cigarettes during the day.
(After eating or when having a coffee)
- Plan to stop smoking within 6 weeks



How to deal with cravings

When you have a craving for a cigarette remember the 4 Ds

The 4 Ds can help you with the cravings for a cigarette. It is important to remember that each craving only lasts up to 5 minutes.

Drink Water

Drinking water may distract you, and it flushes the nicotine out of your body

Delay

Wait a few minutes, and the urge for a smoke should pass

Deep Breathes

Breathe in through your nose and out through your mouth and relax. Do this 3 to 5 times.

Do Something Else

- Get up and go for a walk.
- The best exercise is walking 30 minutes every day. Start slow and then gradually get faster over a couple of days
- Do something you enjoy; Call a friend, see a movie, go for a walk, go shopping
- Plan ahead if you're going somewhere with other smokers
- Hold a straw if you need something in your hand
- Chew gum or eat a low-calorie snack. It is important to eat healthy foods
- Avoid fatty unhealthy foods, like chocolate, sweet lollies, pies and chips



Is it safe to use Nicotine Gum while pregnant or breast-feeding?

If you are pregnant or breastfeeding and smoke the recommended option is to quit without the help of Nicotine Replacement Therapies.

If Pregnant

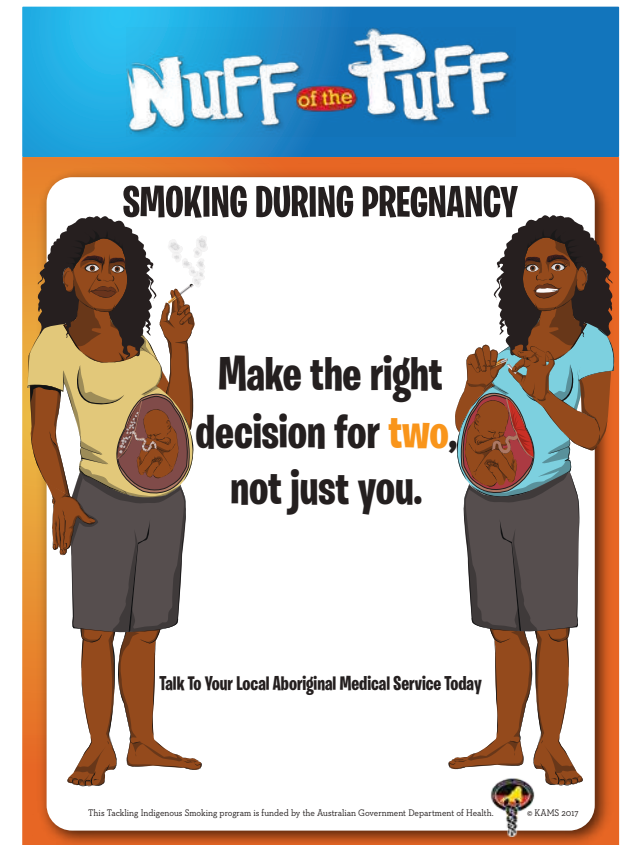
Nicotine Gum is the preferred Nicotine Replacement Therapy option when a person is pregnant. It is safer than smoking as you get less nicotine and none of the other harsh chemicals that are in a cigarette.

If Breast-feeding

Tobacco smoke can produce breathing and other problems in babies and children.

Try to breast feed just before you use the Nicotine Gum, this will allow the longest time possible of taking the Nicotine Gum and the next breast feed.

This makes sure that the baby gets the smallest amount of nicotine possible.



Nicotine Replacement Therapies are safer than smoking if you are pregnant or breastfeeding.



FLIP INSERT
Title: LOZENGES



Nicotine Replacement Therapy: Lozenges

How it works

As the lozenge dissolves in your mouth it releases nicotine into your saliva. It is then absorbed through the lining of your mouth and enters your blood stream, which then relieves cravings and withdrawal symptoms.

Nicotine lozenges different strengths:

Regular nicotine lozenges are available in 2mg and 4mg strengths



Who should not use Nicotine Lozenges?

Do not use if:

- If you are allergic to nicotine
- You are under 12 years of age

Ask your doctor before use if you are:

- Pregnant or breast-feeding
- Are under 18 years of age
- Are taking other medicines
- Have uncontrolled high blood pressure
- Have a stomach ulcer



How do you use Nicotine Lozenges?

- Place a Lozenge in your mouth and allow the Lozenge to dissolve. Do not swallow whole or chew.
- Only use one nicotine lozenge at a time.
- From time to time, move the nicotine lozenge from one side of the mouth to the other until it dissolves (this takes 20-30 minutes).
- Do not eat or drink while sucking a nicotine lozenge.
- For the first six weeks, use one nicotine lozenge about every 1-2 hours.
- For the next 3 weeks, use one nicotine lozenge every 2-4 hours.
- If necessary, continue using 1 nicotine lozenge every 4-8 hours for 3 weeks and then use a nicotine lozenge if strongly tempted to smoke for up to 12 weeks.

Do not exceed 15 of the 4mg or 2mg nicotine lozenges per day.



Side Effects of Nicotine Lozenges

Some unwanted affects you may notice when you start to use Nicotine lozenge may include:

- Sore mouth / throat
- Dizziness
- Hiccups
- Heartburn
- Mild indigestion
- Nausea

Indigestion or heartburn:
(chewing slower or using 2mg gum may reduce this problem)



Talk to your doctor if you experience any symptoms that may be related to the Nicotine Replacement Therapy.

Is it safe to use Nicotine Lozenges while pregnant or breast-feeding?

If you are pregnant or breastfeeding and smoke the recommended option is to quit without the help of Nicotine Replacement Therapies.

If Pregnant

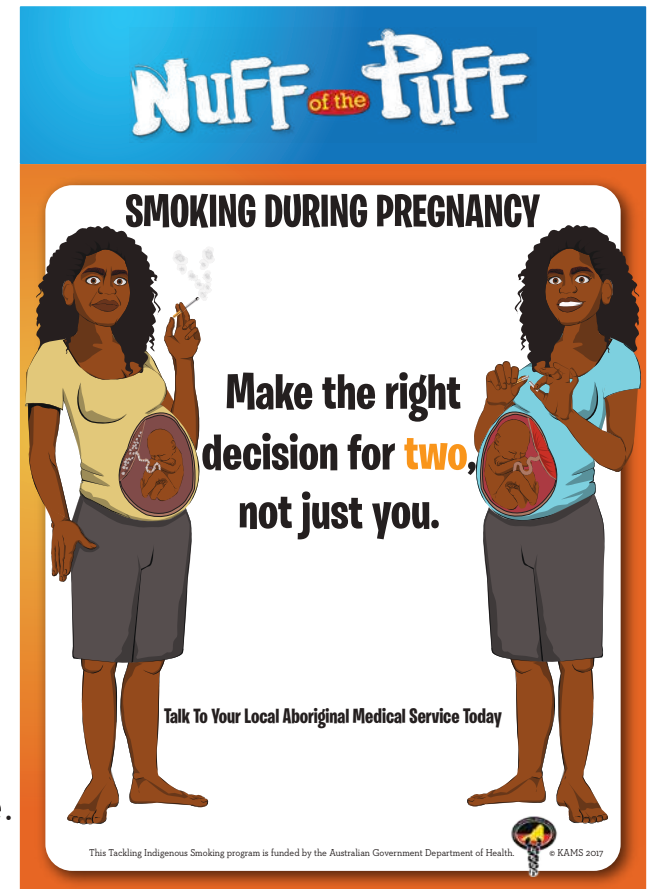
Nicotine Lozenges are a preferred Nicotine Replacement Therapy option when a person is pregnant. It is safer than smoking as you get less nicotine and none of the other harsh chemicals that are in a cigarette.

If Breast-feeding

Tobacco smoke can produce breathing and other problems in babies and children.

Try to breast feed just before you use the Nicotine Lozenges, this will allow the longest time possible of taking the Nicotine Lozenges and the next breast feed.

This makes sure that the baby gets the smallest amount of nicotine possible.



Nicotine Replacement Therapies are safer than smoking if you are pregnant or breastfeeding.



FLIP INSERT
Title: MOUTH SPRAY



Nicotine Replacement Therapy: Mouth Spray



Nicotine Mouth Spray is a mouth spray that delivers 1mg of nicotine into your mouth per spray.

It holds up to 150 sprays.

The nicotine is delivered in a fine mist onto your tongue and mouth. Its then absorbed and enters your bloodstream.

It is important not to swallow any nicotine. If it is swallowed it will be broken down in your stomach and will not be effective.

Who should not use Nicotine Mouth Spray?

Do not use if:

- If you are allergic to nicotine
- You are under 12 years of age

Ask your doctor before use if you are:

- Pregnant or breast-feeding
- Are under 18 years of age
- Are taking other medicines
- Have uncontrolled high blood pressure
- Have a stomach ulcer

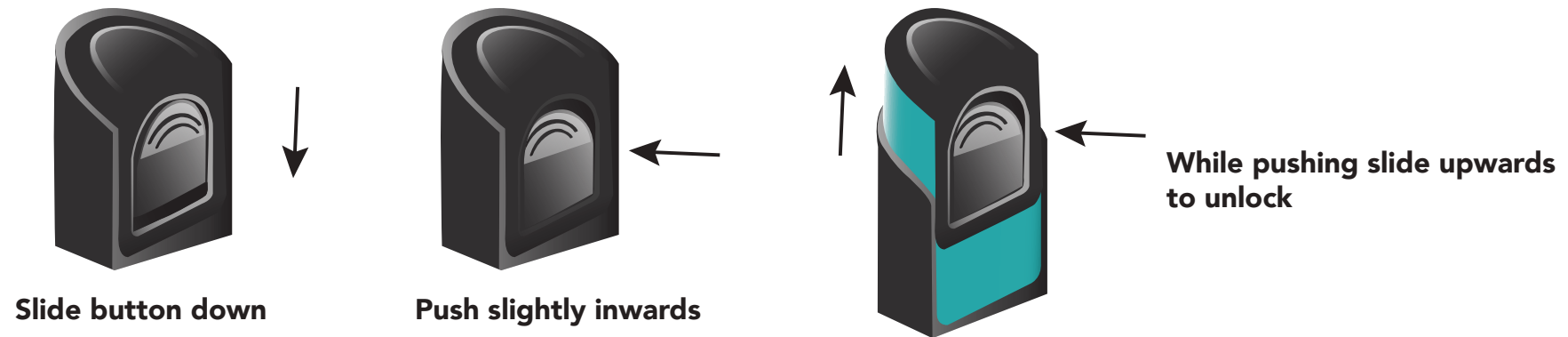
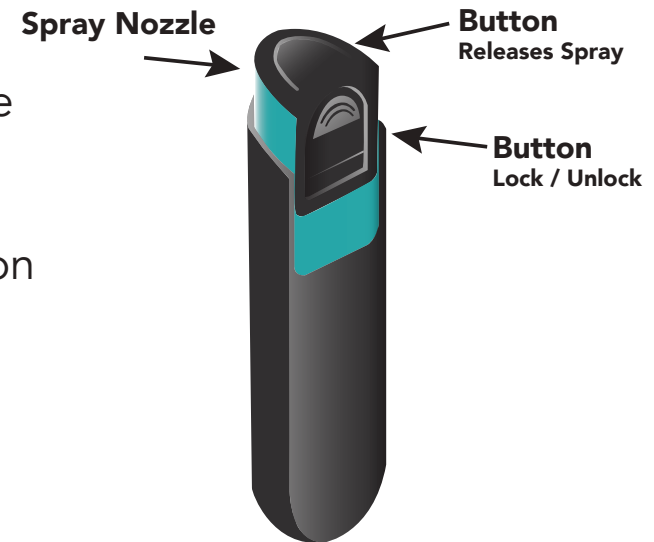


How do you use Nicotine Mouth Spray?

Use your thumb to slide down the lock button until it can be pushed lightly inwards. Do not push too hard.

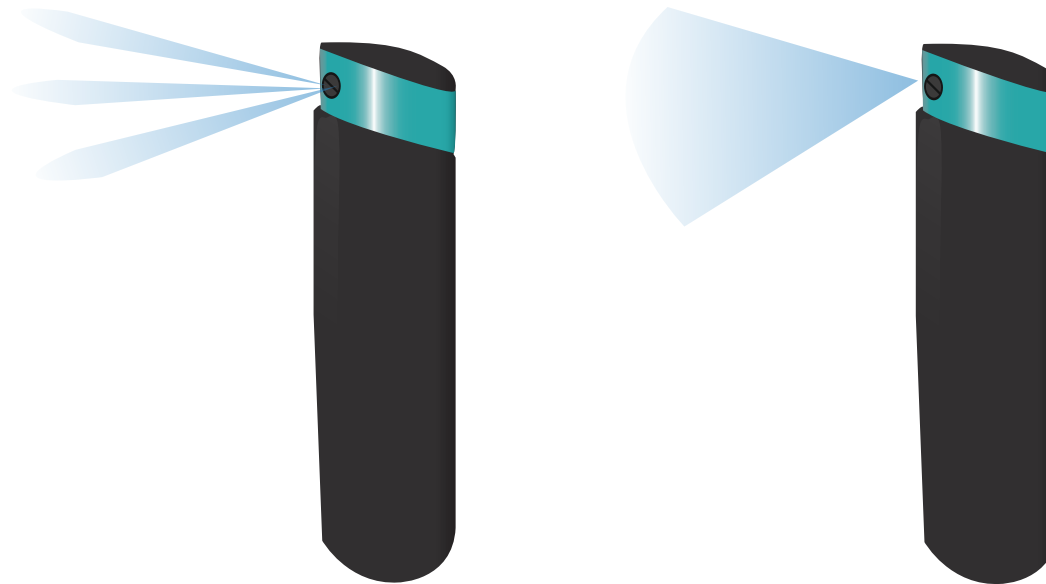
While pushing in, slide upwards until the green pump section comes up. The Mouth Spray is now unlocked.

Push the top button to release the spray.



How to prime the Nicotine Mouth Spray?

When you use the Mouth Spray for the first time you must first load the spray pump. Point the spray nozzle safely away from you, any other adults, children and pets near you. Press firmly the top of the Mouth Spray with your index finger. Press several times until a fine spray appears. If you do not use the Mouth Spray for a couple of days, this will need to be repeated.



Do not use if you have not primed your Mouth Spray first as it will deliver a stream of nicotine that is not measured properly.

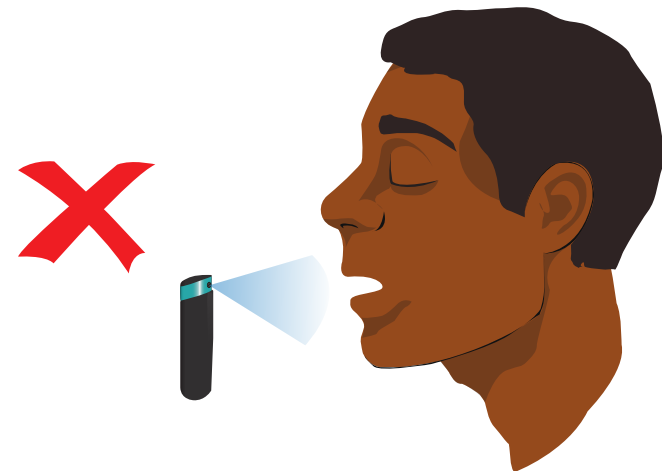
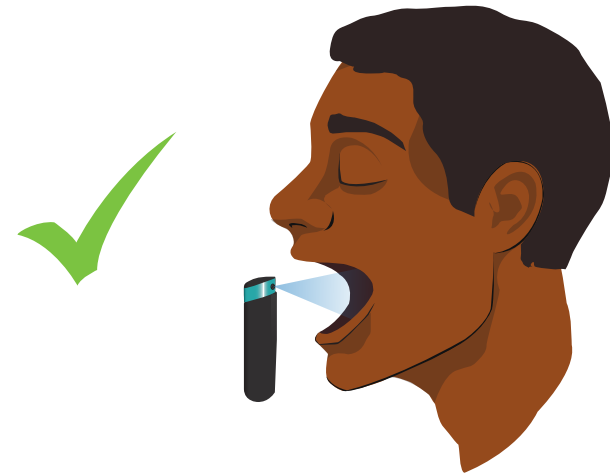
How do you use Nicotine Mouth Spray?

Point the spray nozzle towards your open mouth and hold it as close as possible so that the mist only goes into your mouth not on your lips or face.

Press the top of your Mouth Spray releasing one pump of spray into your mouth. Do not inhale while spraying. For best results, do not swallow for a few seconds after spraying, you don't want the spray going down your throat.

Spraying the Mouth Spray from a distance may cause a burning sensation to your lips and face.

Take care not to spray into the eyes while using the mouth spray. If you get spray in your eyes rinse thoroughly with water.



How much spray do you use and for how long?

Use 1-2 spray when you would normally smoke a cigarette or have cravings to smoke.
Do not use more than 4 sprays per hour.

WEEK 1 – 6: 1 - 2 SPRAYS EVERY 30 MIN - 1 HOUR

WEEK 7 – 9: REDUCE AVERAGE OF SPRAYS PER DAY

WEEK 10 – 12: 2 - 4 SPRAYS PER DAY

AFTER 12 WEEKS: STOP USING MOUTH SPRAY

How much spray do you use and for how long?

MAXIMUM DOSE

2 sprays at a TIME

4 sprays per HOUR

64 sprays per DAY

YOU MAY EXPERIENCE:

- Tingling lips: This is completely normal and is nothing to worry about. To avoid this, try not to get any spray on your lips
- Hiccups: This is a common side effect from oral forms of Nicotine Replacement Therapy
- A strong taste: This is quite normal for a Nicotine Replacement product due to the strong taste of nicotine

Is it safe to use Nicotine Mouth Spray while pregnant or breast-feeding?

If you are pregnant or breastfeeding and smoke the recommended option is to quit without the help of Nicotine Replacement Therapies.

If Pregnant

Nicotine Mouth Spray is a preferred Nicotine Replacement Therapy option when a person is pregnant. It is safer than smoking as you get less nicotine and none of the other harsh chemicals that are in a cigarette.

If Breast-feeding

Tobacco smoke can produce breathing and other problems in babies and children.

Try to breast feed just before you use the Nicotine Mouth Spray, this will allow the longest time possible of taking the Nicotine Mouth Spray and the next breast feed.

This makes sure that the baby gets the smallest amount of nicotine possible.



Nicotine Replacement Therapies are safer than smoking if you are pregnant or breastfeeding.



FLIP INSERT
Title: INHALER



Nicotine Replacement Therapy: Inhaler



The Nicotine Inhaler consists of a plastic mouth piece and cartridge.

Each inhaler cartridge contains 15mg nicotine.

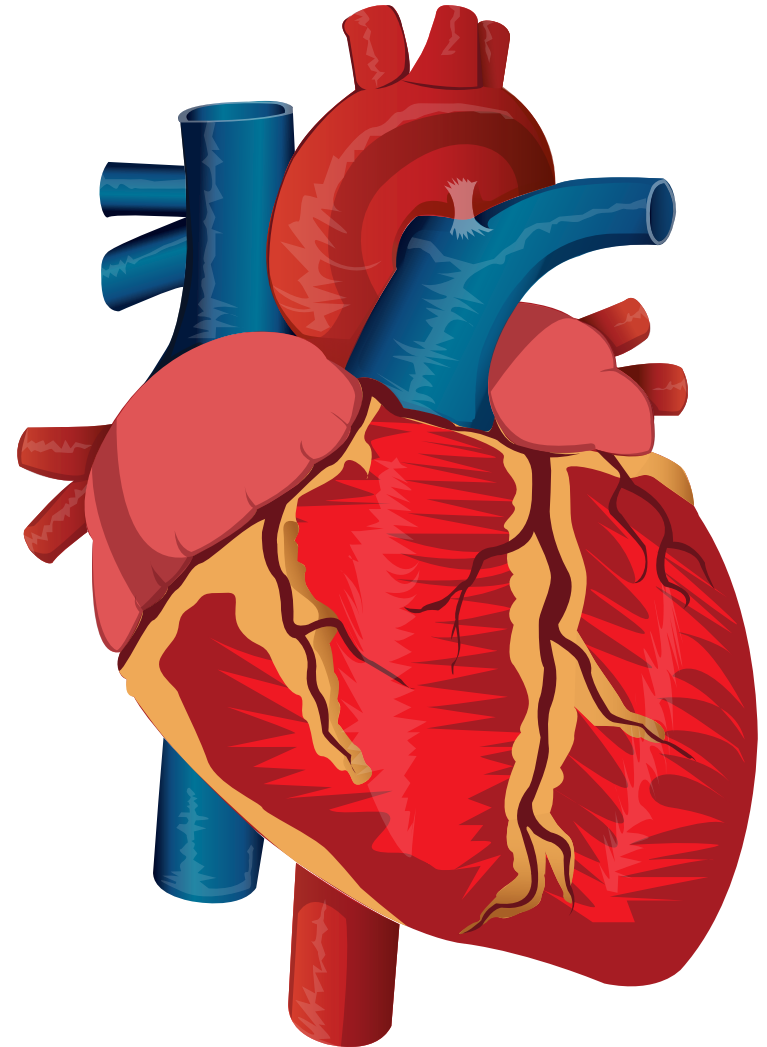
It relieves cravings and also the hand-mouth action.

Who should NOT use a Nicotine Inhaler?

Do not use Nicotine Inhaler if you are allergic to nicotine, ethanol or menthol.

Talk to your Doctor before use if:

- You have heart disease such as palpitations (fast or irregular heartbeats)
- You have heart disease (including heart attack and disorders of the heart rate/ rhythm) or a stroke for which you are in hospital
- You have other heart disease or circulation problems



How does a Nicotine Inhaler work?

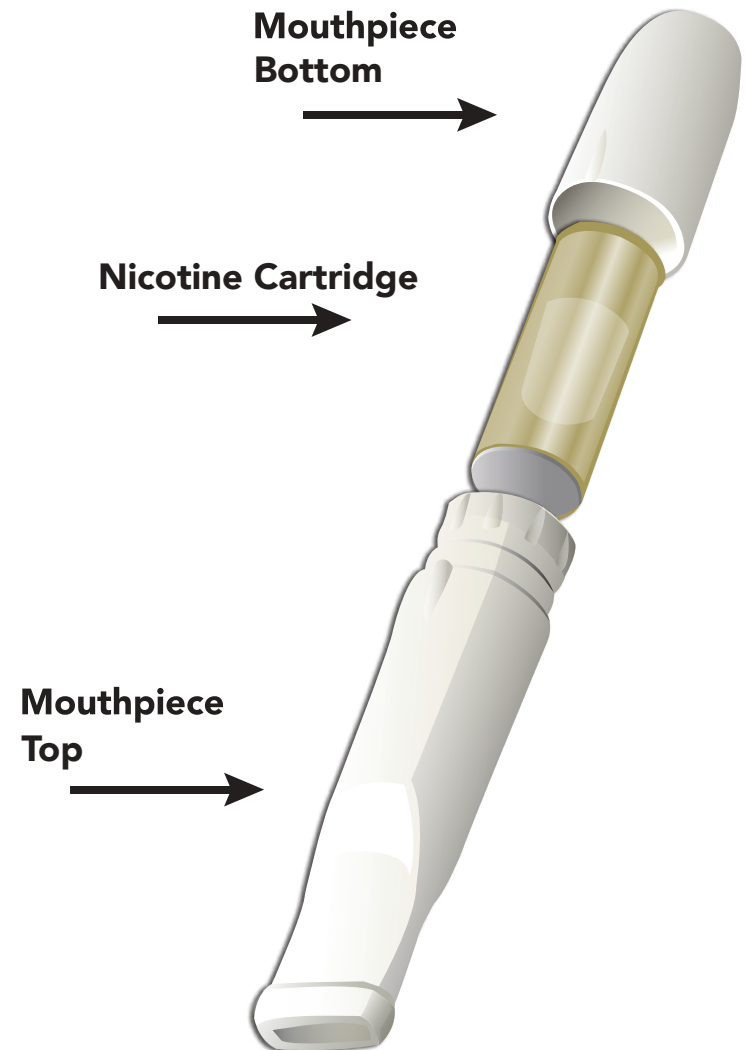
The Inhaler should be used whenever you get the urge to smoke.

A mixture of Nicotine and air is released into your mouth when you draw air in through the inhaler.

The inhaler draws air through when you breath in. It passes through the nicotine cartridge and pushes it through into your mouth.

The nicotine is absorbed through the lining in your mouth and enters your bloodstream.

Nicotine Inhalers help you to give up smoking by relieving nicotine cravings as well as being held like a cigarette easing the hand-to-mouth habit.



How do you use a Nicotine Inhaler?

The Nicotine Inhaler consists of a plastic mouth piece and cartridge. The cartridge is inserted into the mouthpiece prior to use.

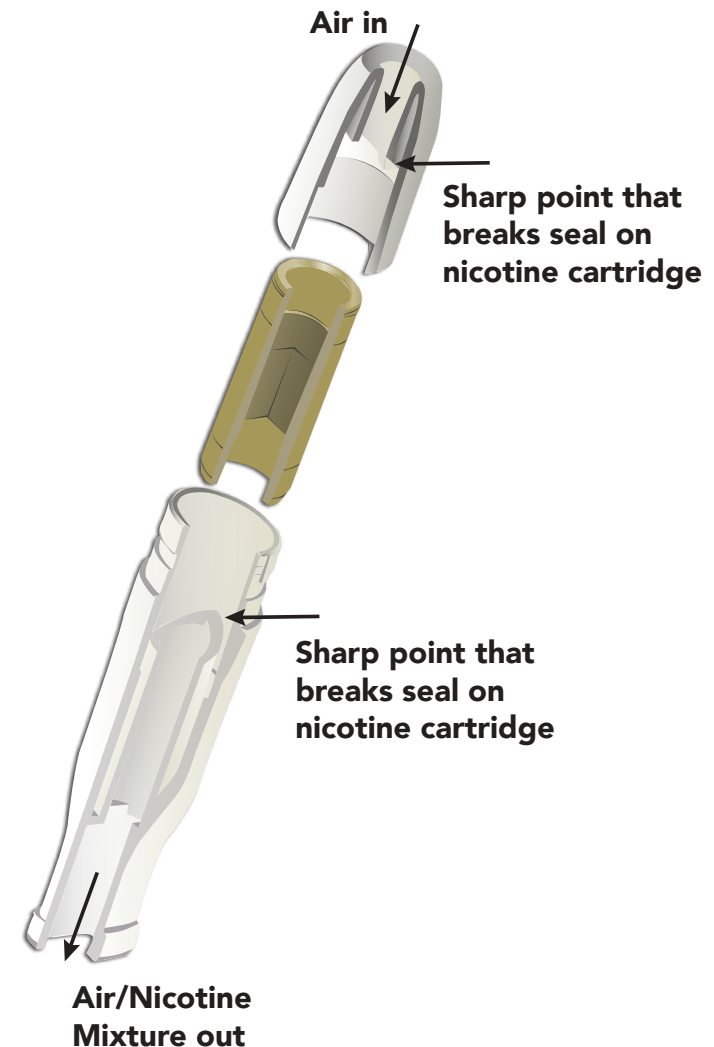
Step 1:

Undo white plastic mouthpiece, by twisting apart so you have 2 pieces.

Step 2:

Place Nicotine cartridge into mouthpiece and twist both parts back together.

By twisting the mouth piece back together you have now broken the seal on the nicotine cartridge and it's ready for use.



To use the Nicotine Inhaler

The Inhaler should be used in the same way as a cigarette.

- After putting the cartridge into the inhaler, breath in deeply to the back of your throat or take small shallow breaths.
- As you inhale or puff through the mouth piece, nicotine turns into a vapour and is absorbed into your mouth and throat
- The number puffs, size and frequency of puffs should be increased if your cravings are not relieved.

**Each cartridge lasts for approximately
20 minutes of frequent puffing
(7 sessions with 80 puffs).
Each cartridge replaces 7 cigarettes.**



How much and how long can you use it for?

UP TO 12 WEEKS

In a day:

Use between 3 - 6 cartridges

Use no more than 6 per day.



12 - 24 WEEKS

Reduce the number of cartridges gradually.

When down to 1-2 cartridges a day, stop using the inhaler.

Each cartridge lasts for approximately 20 minutes of frequent puffing

Side Effects of Nicotine Inhaler

Like all medicines, Nicotine Inhalers can have side-effects. These effects are rarely serious. As many of the effects are due to nicotine, they can also occur when nicotine is obtained through smoking.

Some unwanted effects you may notice when you start to use Nicotine Inhaler for the first time include:

- Hiccups
- Burning sensation in mouth or throat
- Coughing
- Sneezing
- Running Nose
- Headache
- Heartburn



If you have used more than the recommended dosage you may experience more severe side effects like nausea, increased salivation, pain in your abdomen, sweating, diarrhoea, headache, dizziness, hearing disturbance or weakness.

Never use more than the recommended amount. If you experience any side effects talk to your doctor.

Is it safe to use Nicotine Inhaler while pregnant or breast-feeding?

If you are pregnant or breastfeeding and smoke the recommended option is to quit without the help of Nicotine Replacement Therapies.

If Pregnant

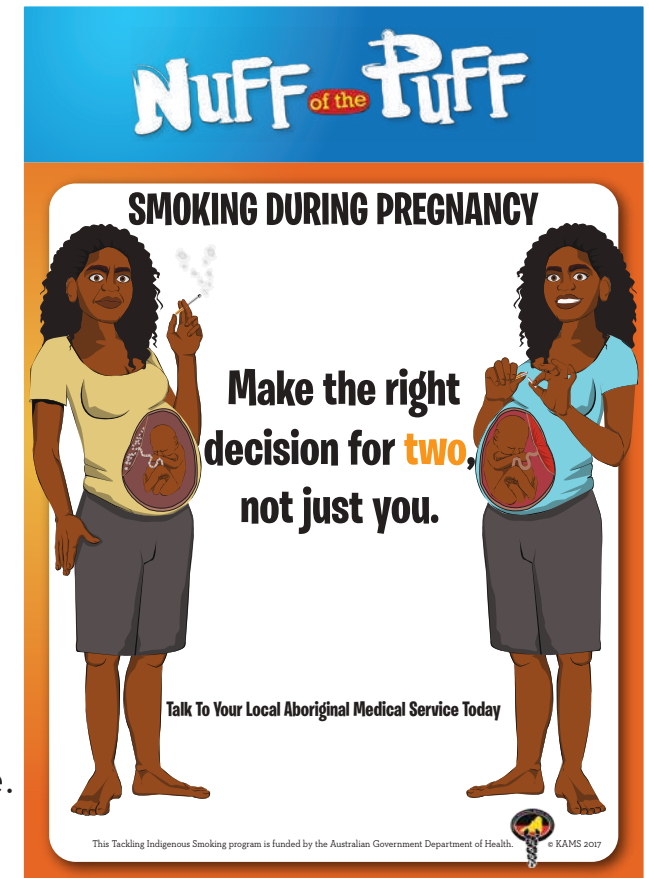
Nicotine Inhaler is a preferred Nicotine Replacement Therapy option when a person is pregnant. It is safer than smoking as you get less nicotine and none of the other harsh chemicals that are in a cigarette.

If Breast-feeding

Tobacco smoke can produce breathing and other problems in babies and children.

Try to breast feed just before you use the Nicotine Inhaler, this will allow the longest time possible of taking the Nicotine Inhaler and the next breast feed.

This makes sure that the baby gets the smallest amount of nicotine possible.



Nicotine Replacement Therapies are safer than smoking if you are pregnant or breastfeeding.



FLIP INSERT
Title: COMBINATION



Using combination Nicotine Replacement Therapies

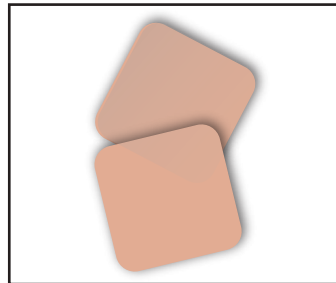
Combination therapy is a technique of using two forms of Nicotine Replacement Therapies together.

The most common combination therapy is the nicotine patch combined with oral nicotine replacement products.

Combination therapy is a bit like having a whole quit team on your side!

Combination therapy is suitable for those smokers who are still experiencing significant cravings and nicotine withdrawal symptoms while using one form of Nicotine Replacement, or for those who have not been able to quit altogether using just one product alone.

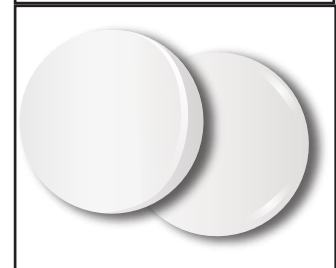
Patch



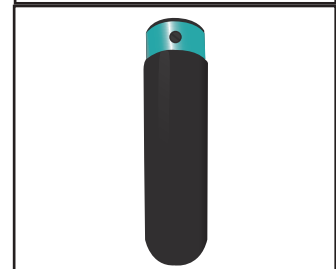
Gum



Lozenges



Mist Spray



Inhaler



Is using combination Nicotine Replacement Therapies safe?

Some people may have concerns that they may get too much nicotine with combination therapy. Research shows that, for a smoker who is suited to this kind of therapy, there is no increased risk of side effects. The amount of nicotine in all Nicotine Replacement Therapies is typically lower than the amount a person receives from regular smoking.

8-12 weeks is the recommended timeframe when using combination Nicotine Replacement Therapies.

Consult your doctor if you experience any symptoms that may be related to the Nicotine Replacement Therapy.

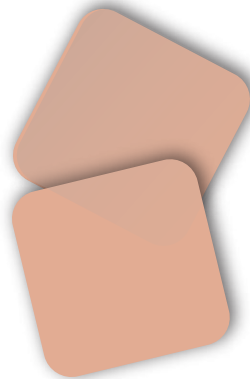
Using any Nicotine Replacement products by themselves or in combination is more effective when combined with counselling support.



How much combination Nicotine Replacement Therapies can be used?

It is important to understand how much can be used in one day

Nicotine Patches Step 1
21mg / 24hr
25mg / 16hr



2mg Nicotine Gum
Use no more than 12 a day.

2mg Nicotine Lozenges
Use no more than 5 every 6 hours or
15 a day for both 2mg and 4mg.

Nicotine Mouth Spray
Use no more than 2 sprays per hour for
16 hours or 32 sprays a day.

Nicotine Inhaler
Use no more than 6 cartridges a day.

Patches are applied to remove withdrawal symptoms and adding Gum, Lozenges, Mouth Spray and inhalers relieve the cravings.

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This flip chart was developed by the Kimberley Aboriginal Medical Services, Tackling Smoking Healthy Lifestyles program in 2014.

Reviewed 2017.