

# Tobacco Treatment Aids



## Nicotine Patch

Place the patch above your waist on a non-hairy spot. Do not wear the patch in the same place for at least a week. It takes two hours from the time you put the patch on until it is fully working. Put a new patch on and remove old patch at the same time each day.

## Nicotine Gum

Nicotine is absorbed through the gums and the side of your mouth. The gum must be “PARKED” between your cheek and gum after chewing until the “peppery” taste starts. If you chew too long or swallow your saliva, it may upset your stomach.

## Nicotine Inhaler

The nicotine inhaler is a prescription medication. The nicotine is absorbed through the gums and the side of your mouth. Don't try to inhale to your lungs—draw on the inhaler like you draw on a straw.

## Nicotine Lozenge

Nicotine is absorbed through the gums and the side of the mouth. The lozenge must be “PARKED” between your cheek and gum. Do not suck it like candy or swallow your saliva, it will only upset your stomach.

## Nicotine Spray

This is a prescription medication. There may be a slight “burning” sensation the first few times you use this product, so do not inhale the nasal spray—make sure you exhale all your air out first, then discharge one spray into each nostril, count to ten and then inhale. Use the spray only once per hour.

## Bupropion (Zyban, Wellbutrin)

This is a prescription medication, which can be used with nicotine products. Do not use bupropion if you have had a seizure, head injury, a heart attack in the last two weeks, or are on antidepressants. Never take this medication without first speaking with your doctor.

## Varenicline (Chantix)

This is a prescription medication, and you should not use other tobacco treatment medications unless recommended by your doctor or counselor. This medication may cause changes in your mood or behavior—never take this medication without talking with your doctor first.

## About Tobacco Treatment Aids

There are five quit tobacco aids called “nicotine replacement therapy” or “NRT.”

They replace the nicotine you are getting from tobacco but do not have the other 7000+ chemicals also found in tobacco products. The NRTs are: nicotine patch, gum, lozenge, inhaler, and nasal spray. With the nicotine patch, nicotine is absorbed by the skin. The gum, lozenge, and inhaler deliver nicotine to your blood through your gums and the lining of your mouth.

The nasal spray delivers the nicotine through the lining of your nose and sinuses. With each of these aids, the nicotine has the same effect on your brain, no matter if it comes from a cigarette, patch, or lozenge. There are also two prescription pill medications for tobacco treatment, neither of which contain nicotine: Bupropion and Varenicline.