

Getting your patches, gum or lozenges

*Te tiki i ō whakamahu,
i ō kāpia, i ō ngotengote rānei*

Smokers who use nicotine patches, gum or lozenges are twice as likely to give up smoking as those who don't. If you are advised to use this support please do so as it will improve your chance of quitting smoking.

Take your Quit Cards to a pharmacy to get an eight-week supply of nicotine patches, gum or lozenges. This will cost you \$10–20. You can call us to get more patches, gum or lozenges after eight weeks if you think you still need help with cravings.

Make sure you keep using the patches, gum or lozenges, even if you think you don't need them. You are more likely to succeed with your quit attempt.

Children under 12 or non-smokers should not use patches, gum or lozenges.

Pregnant or breastfeeding

If you are pregnant, you can use nicotine gum or lozenges if you need them to stop smoking. We prefer you use gum or lozenges rather than patches.

Talk to your lead maternity carer about quitting smoking and using patches, gum or lozenges.

You can use patches, gum or lozenges while breastfeeding.

Nicotine replacement can affect medical conditions

If you have had a heart attack, stroke or severe angina in the last two weeks, are taking medication for a mental health condition, or weigh less than 45 kilos (7 stone), you may need to check with your doctor before using nicotine patches, gum or lozenges. Diabetics on insulin should talk to their doctor about quitting smoking.

Side effects

Ngā pānga tinana

Nicotine patches, gum and lozenges are very safe and serious side effects are uncommon. You can use as much nicotine replacement as you need to take away cravings.

Sometimes patches can cause a slight reddening and itching of the skin. This is less likely if you change the area you apply the patch to.

Gum or lozenges might give you a slightly irritated mouth and throat, and more saliva (spit) than usual. If you chew or suck the gum or lozenges too often you might swallow too much nicotine and this can cause wind, hiccups and indigestion.

If you experience any side effects, call the Quitline 0800 778 778 or see your pharmacist.

How to use the gum/lozenges

Me pēhea te whakamahi i te kāpia/ ngotengote

- Work out when you usually smoke, and use the gum or a lozenge 20 minutes before then.
- Place a piece of gum or lozenge in your mouth. Bite down six to 10 times on the gum, or suck the lozenge to release the flavour, then 'park' it between your gum and cheek.
- Bite the gum or suck the lozenge every few minutes and then return it to the same place in your mouth.
- Don't drink anything 15 minutes before using or while using the gum/lozenge. This can reduce their effectiveness.

- Throw away the gum/lozenge after about 30 minutes, safely out of reach of children and pets.

You have the best chance of staying a non-smoker if you use the patches, gum or lozenges for at least eight weeks. If you are still having cravings after eight weeks you probably need to continue using the nicotine products for longer. Discuss this with the person who gave you the Quit Cards who can provide further cards.

If you are using the patch and you continue having cravings you may need to use gum or lozenge as well. Discuss this with the person who provided the Quit Cards.

Remember the 4 Ds if you are feeling tempted to smoke: Delay, Deep breaths, Drink water, Do something else.

If you do start smoking again, don't give up. Continue with the patch, gum or lozenges and make another attempt to quit. Talk to the person who provided the Quit Cards.

How to use the patches

Me pēhea te whakamahi whakamahu

- Use a new patch on a different area of skin each day, and leave the patch on for 24 hours. Don't remove and reapply the patch.
- Press the patch firmly in place with your palm and hold it for 20 seconds. If the patch fails to stick properly talk to the person who gave you the Quit Card.
- Don't cut patches or put them on skin that is cut, burnt, broken, inflamed or hairy.
- Wait 10 minutes after a bath or shower before applying the patch.
- Don't put anything, such as perfume or self-tanning lotion, on skin where you will put the patch.
- Wash your hands after handling the patch to remove all nicotine.
- If you have difficulty sleeping or bad dreams, remove patches before going to bed.
- Throw away used patches and put all packaging safely out of reach of children and pets.

The Quit Group

TE ROOPU ME MUTU

About the Quit Group

The Quit Group is a non-profit organisation established in 1998. It employs more than 90 staff and operates the following services to encourage people to stop smoking:

- **Quitline** 0800 778 778, the highly successful advice and support service
- The Quit website **www.quit.org.nz**
- **Quit campaigns**, including *Video Diaries*, *Every cigarette is doing you damage* and the Health Warnings campaign in support of the Ministry of Health's graphic pictorial health warnings programme
- **Quit Cards**, which enable health providers to distribute cards for low-cost nicotine patches, gum or lozenges
- **ProQuit** services to support health professionals and community providers to implement the ABCs of smoking cessation
- **Quit@work**, which provides smokefree policy advice and support to workplaces
- **Txt2Quit** – a world-leading, text-based interactive smoking cessation support service
- **Research and evaluation**, which ensures Quit Group services are based on sound evidence.

PO Box 12 605, Wellington

Facsimile 04-470 7632

Email quit@quit.org.nz

URL www.quit.org.nz

Quitline 0800 778 778

Pictures by Adrian Heke

Code: IS007

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For more help, call

Quitline
0800 778 778

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