

Are there other nicotine replacement therapy options available to help me quit?

There are other options available to assist you in your goal of quitting. Talk with your health care provider for more information.

Don't Quit Alone

North Central District Health Department provides FREE tobacco cessation classes. Classes are available throughout the area. Call (208)799-3100 for the class location nearest to you.



How can nicotine replacement therapy help me in my goal to quit smoking?

The aim of nicotine replacement therapy (NRT) is temporarily to replace much of the nicotine from cigarettes to reduce motivation to smoke and nicotine withdrawal symptoms, thus easing the transition from cigarette smoking to complete abstinence.

Free Nicotine Replacement Therapy

Idaho's Project Filter is offering free Nicotine Replacement Therapy to smokers looking for help in kicking the nicotine habit.

Call 1-800-QUIT-NOW
or log on to

www.idaho.quitnet.com.

Tobacco users who register can request 4 weeks of their choice of nicotine patches, gum, or lozenges.

QUITNET[®]
QUIT ALL TOGETHER



Over-the-Counter Nicotine Replacement Therapy Options For Success



North Central District Health Department

Telephone: (208) 799-3100

Over-the-Counter Nicotine Replacement Therapy Options

Nicotine Lozenge

Can satisfy cravings quickly.

Brand Names: Commit

Directions:

Nicotine lozenges are much like hard candy. Place it between your gum and cheek and suck slowly until it fully dissolves. It should not be bitten, chewed, or swallowed whole. Each lozenge lasts 20 to 30 minutes.

Recommended Dosage:

- If you smoke your first cigarette more than 30 minutes after waking, use 2 mg lozenge.
- If you smoke your first cigarette within 30 minutes of waking, use 4mg lozenge.
- Recommended for use up to 12 weeks:
 - * Weeks 1-6 use 1 lozenge every 1-2 hrs
 - * Weeks 7-9 use 1 lozenge every 2-4 hrs
 - * Weeks 10-12 use 1 lozenge every 4-8 hrs
- No food or drink 15 minutes before use.
- Use no more than 20 lozenges per day.

Caution:

- May cause nausea, heartburn or hiccups.
- Don't smoke while using. Too much nicotine may cause nausea and dizziness.
- May stick to dentures or other dental work.

See your doctor before using if you:

- Are under 18 years of age.
- Smoke fewer than 10 cigarettes a day.
- Are pregnant/breastfeeding.
- Have heart disease, recent heart attack or irregular heartbeat.
- Have high blood pressure not controlled with medication.

Nicotine Gum

Keeps your mouth busy and can satisfy cravings quickly.

Brand Names: Nicorette; Thrive

Directions:

Chew until it has a peppery taste and provides a tingling sensation. Then park the gum between the cheek and gum until the taste or tingly sensation disappears. Chew and hold again to release more nicotine. This should be repeated until all of the taste is gone from the gum (about 30 minutes).

Recommended Dosage:

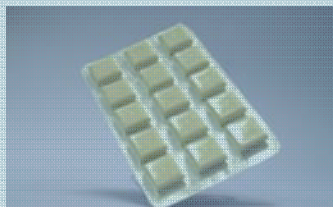
- If you smoke 1-24 cigs/day use 2 mg gum (every 1-2 hours, up to 24 pieces a day).
- If you smoke 25+ cigs/day use 4mg gum (every 1-2 hours, up to 24 pieces a day).
- No food or drink 15 minutes before use.

Caution:

- May cause jaw pain, mouth or throat soreness.
- Don't smoke while using the gum. Too much nicotine may cause nausea and dizziness.
- May stick to dentures or other dental work.

See your doctor before using if you:

- Are under 18 years of age.
- Smoke fewer than 10 cigarettes a day.
- Are pregnant/breastfeeding.
- Have heart disease, recent heart attack or irregular heartbeat.
- Have high blood pressure not controlled with medication.



Source: <http://www.tco.gov.hk/english/quitting/images/gum.jpg>

Nicotine Patch

Provides a steady release of nicotine.

Brand Names: Habitrol; Nicoderm CQ; Nicotrol; Prostep

Directions:

Apply a new patch every 24 hours on skin that is dry, clean, and hairless. It can be applied anywhere between the waist and neck—often on the upper arm or shoulder. Remove backing from patch and immediately press onto skin. Hold for 10 seconds. You can wear the patch for 16 or 24 hours.

Recommended Dosage:

- If you smoke less than 10 cigs/day use 15mg for 16 hours for a total of 6 weeks.
- If you smoke more than 10 cigs/day:
 - * Use 21mg for 24 hours for 6-8 weeks, then
 - * Use 14mg for 24 hours for 2-4 weeks, then
 - * Use 7mg for 24 hours for 2-4 weeks.
- Should be used for at least 8 weeks and often longer if withdrawal symptoms persist.

Caution:

- To avoid skin irritation, do not put the patch in the same place more than once every two weeks.
- May cause itching and irritation where it is applied.
- Don't smoke while using the patch. Too much nicotine may cause nausea and dizziness.

See your doctor before using if you:

- Are under 18 years of age.
- Smoke fewer than 10 cigarettes a day.
- Are pregnant/breastfeeding.
- Have certain skin conditions, such as eczema or psoriasis.
- Have heart disease, recent heart attack or irregular heartbeat.
- Have high blood pressure not controlled with medication.

Source: MayoClinic.com "Stop Smoking Products to Help you Quit"