

INSTRUCTIONS FOR USING THE NICOTINE PATCH

CONGRATULATIONS!

You've decided to use the **NICOTINE PATCH** to help you quit smoking.

Here is your free two-week supply of patches.
Please read these instructions **BEFORE** using the patch.

➔ HOW DOES THE NICOTINE PATCH WORK?

Nicotine is the chemical in tobacco that makes you crave cigarettes. The nicotine patch gives your body a steady dose of nicotine, without the harmful effects of tobacco smoke. The patch helps lessen your craving for cigarettes while you get used to not smoking. Using the patch doubles your chances of quitting for good!

➔ HOW DO I GET STARTED?

- Choose a day to **STOP ALL SMOKING**. This is your Quit Date!

➔ HOW DO I USE THE PATCH?

- Start on your Quit Date. Put on a patch first thing in the morning, and keep the patch on until the next morning.
- Press the patch firmly to your skin for 10–20 seconds so that it stays on.
- Put the patch on a clean, dry part of your upper body that is not hairy. Most people find the outside of the upper arm is the easiest place.
- Use a new patch every day until the patches are gone.
- Each day change the place on your body where you put the patch. Don't use the same place again for at least a week.
- If you have trouble sleeping, take the patch off before you go to bed. Put on a new patch in the morning.
- *Keep new and used patches away from children and pets.*

➔ CAN I SMOKE WHILE I'M ON THE PATCH?

NO! Smoking while using the patch is dangerous.
DO NOT SMOKE while using the patch.

(Please turn over for more instructions)

➔ IS THERE ANY REASON I SHOULD NOT USE THE PATCH?

The nicotine patch is not for everyone. Check with your health care provider to see if the nicotine patch is safe for you if:

- you have had a recent heart attack
- you have had an allergic reaction to the patch in the past
- you take insulin
- you are nursing, pregnant or trying to get pregnant
- you are under 18, or smoke less than 10 cigarettes a day
- you have been told by a doctor not to use the patch

Do not use the nicotine patch if you have been told by a doctor not to use it.

➔ ARE THERE SIDE EFFECTS OF THE PATCH THAT I SHOULD WATCH FOR?

Stop using the patch and call your health care provider if you get:

- a rash, swelling of the skin, or skin redness that does not go away in 4 days
- rapid or irregular heartbeat
- upset stomach, vomiting, dizziness or weakness

➔ WHAT HAPPENS WHEN I USE UP MY SUPPLY OF PATCHES?

Check with your health plan to see if they will pay for nicotine patches. You can also check your local drug store for sales or discounts on patches. Or call **1-800-TRY-TO-STOP** to see if more patches are available.

REMEMBER...

1. Wear a new patch each day.
2. Change the location of the patch every day.
3. **DO NOT SMOKE** while you are using the patch!
4. Call your health care provider if you have problems using the patch.

Try To STOP TOBACCO
RESOURCE CENTER OF MASSACHUSETTS

1-800-TRY-TO-STOP (1-800-879-8678) www.trytostop.org