

Nicotine Replacement Therapy
Information and Instructions for Nicoderm Patch Use

The following is a recommended guide for using the nicotine patch. Duration of using a certain strength may be adjusted depending on withdrawal symptoms.

For Heavy Smokers (10 cigarettes per day or greater):

Instructions:

- Apply the 21mg patch once per day for 4 weeks
- *Then* step down to a 14mg patch once per day for 1 week
- *Then* step down to a 7mg patch once per day for 1 week
- *Then* discontinue the patch
- When applying the patch, choose clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.
- You may use other forms of nicotine replacement with the patch (gum, lozenge, nasal, inhaler)

For Light Smokers (if one or more of the following applies):

- less than 10 cigarettes per day
- weight less than 100 pounds
- those that suffer from heart disease, such as angina

Instructions:

- Apply the 14mg patch once per day for 4 weeks
- *Then* step down to a 7mg patch once per day for 2 weeks
- *Then* discontinue the patch
- When applying the patch, choose clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.
- You may use other forms of nicotine replacement with the patch (gum, lozenge, nasal, inhaler)

On the day of surgery:

Remove the patch on the morning of surgery. Tell a healthcare professional if you are experiencing withdrawal symptoms. Resume nicotine replacement in the evening after your surgery.

If you have questions regarding the use of nicotine replacement therapy:

Contact our pharmacist Ozzie Buhrmann at 519-646-6000 pager 10439 or ext. 64376, or speak to your family doctor.

Nicotine: Patient drug information

Canadian Brand Names

Nicoderm®; Habitrol®; Nicorette®; Nicorette® Plus; Nicotrol®; generic brands also available

Pharmacologic Category

Smoking Cessation Aid

Reasons not to take this medicine

- If you have an allergy to nicotine or any other part of this medicine.
- Tell healthcare provider if you are allergic to any medicine. Make sure to tell about the allergy and how it affected you. This includes telling about rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other symptoms involved.
- If you have any of the following conditions: Chest pain or pressure or fast heartbeat.
- If you have temporomandibular joint disease and are using the nicotine gum.
- If you are smoking during recovery from a heart attack.

What is this medicine used for?

- This medicine is used to treat nicotine withdrawal.

How does it work?

- Nicotine is a substitute for smoking and can help decrease withdrawal symptoms.

How is it best taken?

- Get counseling to improve the success of quitting.

Patch:

• Apply patch to clean, dry, healthy skin on the chest, back, belly, or upper arm. Move site with each patch.

The patch may be used with other forms such as...

Inhaler:

- Use inhaler as directed.

Gum:

- Do not swallow gum.
- Chew slowly until there is a tingling or peppery taste in the mouth.
- Then place between the cheek and gum.
- After the taste or tingle is gone, chew slowly again.
- Place between the cheek and gum at a different site once the taste or tingle returns.
- Keep repeating this for about 30 minutes or until the taste or tingle is gone.
- Do not eat or drink within 15 minutes of using gum.

Lozenge:

- Suck oral lozenge. Do not chew, break, or crush. Do not swallow whole.
- Take this medicine on an empty stomach. Take 15 minutes before or after meals.

Nasal:

- For the nose only.
- Shake well before use.
- Blow your nose before use.

What do I do if I miss a dose?

- Use a missed dose as soon as possible.
- If it is almost time for the next dose, skip the missed dose and return to your regular schedule.
- Do not use a double dose or extra doses.
- Do not change dose or stop medicine. Talk with healthcare provider.

What are the precautions when taking this medicine?

- The patch may contain conducting metal. Remove patch before MRI.
- Gum chewing can cause problems with dental work.
- When you stop smoking, other medicines may be affected. Talk with healthcare provider.
- Check medicines with healthcare provider. This medicine may not mix well with other medicines.
- If you have PKU, talk with healthcare provider. Some products do contain phenylalanine.
- If pregnant and using patch, consider removal at night.
- Tell healthcare provider if you are pregnant or plan on getting pregnant.
- Tell healthcare provider if you are breast-feeding.

What are some possible side effects of this medicine?

- Nervous and excitable.
- Headache.
- Nausea or vomiting. Small frequent meals, frequent mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help. \
- Jaw ache from gum.
- Inability to sleep.
- Skin irritation.
- Nasal irritation.

What should I monitor?

- Change in condition being treated. Is it better, worse, or about the same?
- Follow up with healthcare provider.

Reasons to call healthcare provider immediately

- If you suspect an overdose, call your local poison control center or emergency department immediately.
- Signs of a life-threatening reaction. These include wheezing; chest tightness; fever; itching; bad cough; blue skin color; fits; or swelling of face, lips, tongue, or throat.
- Very nervous and excitable.
- Severe skin irritation.
- Any rash.
- No improvement in condition or feeling worse.

How should I store this medicine?

- Store at room temperature.

General statements

- If you have a life-threatening allergy, wear allergy identification at all times.
- Do not share your medicine with others and do not take anyone else's medicine.
- Keep all medicine out of the reach of children and pets.
- Most medicines can be thrown away in household trash after mixing with coffee grounds or kitty litter and sealing in a plastic bag.
- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) with you. Give this list to healthcare provider (doctor, nurse, nurse practitioner, pharmacist, physician assistant).
- Call your doctor for medical advice about side effects. You may report side effects to Health Canada's Canada Vigilance Program at 1-866-234-2345.
- Talk with healthcare provider before starting any new medicine, including over-the-counter, natural products, or vitamins.

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