



### What are Nicotine Patches?

Nicotine patches are quit aids worn like Band-Aids. They give nicotine to the body through the skin.

### How to Get Started

Talk with your doctor before using patches, especially if you are pregnant or breastfeeding, or have heart issues.

- You can get patches over-the-counter.
- Many health plans cover the cost.

### Dose and Schedule

- Patches come in three doses or steps: 21 mg, 14 mg, and 7 mg.
  - If you smoke more than 10 cigarettes per day >> start with 21 mg.
  - If you smoke 10 cigarettes or less per day >> start with 14 mg.
- Stay on your first dose for six weeks, and then use the next lower dose for two weeks.
- Keep going till you reach the final dose (7 mg).
- After two weeks at 7mg, stop using
- Headache
- Nausea the patches.



### Tips for Use

- Put the patch on a clean, dry, non-hairy part of the body.
- Do not use lotion where you put the patch.
- Use medical tape if the patch slips off.
- Each day at the same time, take the old patch and put on a new one.
  - Change where you put the patch each day to avoid itchy skin, rash, or redness.
- Do not cut patches or use more than one at a time.

### Side Effects

If you use patch, you may get:

- Itchy skin, rash, or redness
- Sleep problems
- Vivid dreams
- Stiff and achy muscles
- Fast heartbeat
- Dizziness