



South Coast Medical Service Aboriginal Corporation

BE SMOKE FREE WITH NRT

Your Guide to Nicotine Replacement Therapy

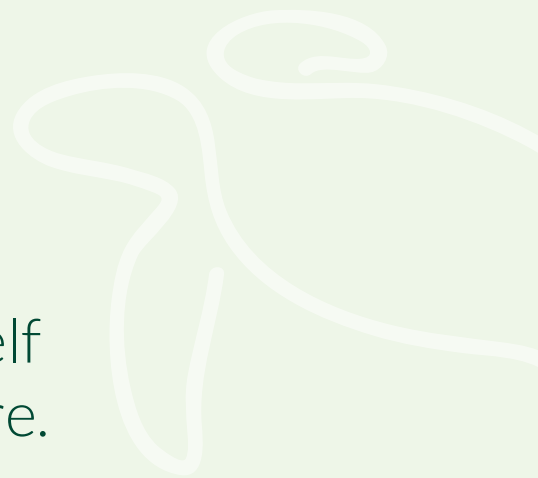


BE SMOKE FREE
**BE HEALTHY
BE DEADLY!**

South Coast Medical Service Aboriginal Corporation

South Coast
Medical Service
Aboriginal Corporation





“Believe in yourself
and all that you are.

Know that there is something
inside you that is greater
than any craving.”

Christian D. Larson

Welcome to the South Coast AMS Guide to Nicotine Replacement Therapy (NRT).

We understand the challenges that come with quitting smoking and transitioning to a smoke free life. That's why we offer smoking intervention services specifically tailored to support our community in their journey towards a healthier lifestyle. Our aim is to provide you with the necessary tools and resources to cope with life's stressors and challenges in a more beneficial way.

Before embarking on your NRT journey, we encourage you to have a conversation with your local General Practitioner (GP). They can provide valuable insights and guidance to help you choose the most suitable NRT products that will aid you in overcoming cravings effectively.

Nicotine Replacement Therapy (NRT) products are designed to be a supportive ally as you give up smoking and vaping. These products are formulated to alleviate withdrawal symptoms and minimise the intense cravings experienced when you first quit smoking. By releasing nicotine into your body at a slower and safer rate compared to traditional cigarettes, NRT products can help you manage and gradually reduce your nicotine dependence.

This guide aims to equip you with a comprehensive understanding of NRT and its various forms. From patches and gums to inhalers and nasal sprays, we explore the different NRT options available to you. We also provide essential tips on how to use NRT effectively and maximise its benefits as you embark on your smoke free journey.

Remember, quitting smoking is a journey, and we are here to support you every step of the way. Our team is committed to providing you with the knowledge, guidance, and encouragement needed to make a successful transition towards a smoke free life. So, let's embark on this journey together and discover how NRT can be a valuable tool in your pursuit to be smoke free, healthy and deadly!

NRT PATCHES



What are they?

Nicotine patches release nicotine slowly over a 16 hour period. The Nicotine is absorbed through your skin and enters your bloodstream.



Nicorette 16 hour INVISPATCH gives your body a break from nicotine while you sleep, and are less likely to cause skin irritation and sleep disturbances than the 24 hour patches.

How do you use them?

You can start using the patches on the day that you quit smoking, or start using them two weeks before your quit date, this can be helpful if you're going to cut down to quit.

For both methods:

- Use one nicotine patch per day and apply first thing in the morning to clean, dry, hairless skin (arm, chest or hip)
- Apply to a new part of your body everyday. After 2-3 days you may apply to the previous spot if there is no signs of irritation
- Before you go to sleep, remove the patch and dispose of it.

Available in:

Step 1 – 25mg / 16 hour

Step 2 – 15mg / 16 hour

Step 3 – 10mg / 16 hour

If you smoke less than 15 per day

Week 1 - 8	Use step 2 (15mg/16 hour)
Weeks 9 - 12	Use step 3 (10mg/16 hour)
After 12 weeks	Stop using the patch

If you smoke 15 or more cigarettes per day

Week 1 - 8	Use step 1 (25mg/16 hour)
Weeks 9 & 10	Use step 2 (15mg/16 hour)
Weeks 11 & 12	Use step 3 (10 mg/16 hour)
After 12 weeks	Stop using the patch

More about NRT Patches

Combination Therapy

Combination therapy is using the NRT Patches and an oral product, like lozenges, gum or quick mist spray. This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

Will you receive too much nicotine using two products?

Research shows that using two different products at the same time does not lead to an increased risk of side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

Common side effects of Nicotine Patches

Very few people have experienced unwanted side effects from Nicotine patches. However, the side effects you can experience can include, but are not limited to:

- Skin reaction or rash
- Pain or tenderness where the patch is applied
- Itching (it helps to move to the patch to another area of your body after 2-3 days of use)
- Headaches
- Rapid heart beat
- Nausea
- Dizziness and
- Sleeping difficulties (may be due to wearing patches at night and the increased effect of caffeine)

These side effects are rare and occur more if you use the higher strength patch.

How long should you use the patches for?

It is recommended to use the patches for 8-12 weeks after quitting.

You can reduce the strength of patches after 6 weeks, however it can be beneficial to continue using the higher strength for 8 weeks or longer.

Any use of the patches after one year is not recommended.

REASONS TO QUIT

After stopping for:

- **12 hours** - almost all nicotine is out of your system with most by-products gone within five days.
- **24 hours** - the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.
- **2 days** - your senses of taste and smell start to return.
- **2 months** - blood flow to your hands and feet improves.
- **1 year** - your risk of heart disease rapidly drops.
- **10 years** - your risk of lung cancer is halved.

NRT LOZENGES



What are they?

Nicotine lozenges are small, candy-like lollies that are available in regular and mini sizes. Lozenges continue to calm cravings even after the lozenge has dissolved.

- Regular nicotine lozenges come in 4mg and 2mg strengths
- Mini nicotine lozenges come in 4mg and 1.5mg strengths

How do you use them?

All nicotine lozenges are designed to dissolve in your mouth, these can then be absorbed through the mouth's lining.

1. Place the lozenge in your mouth.
2. Occasionally move the lozenge from one side of your mouth to another.
Do not chew or swallow.
3. Repeat step 2 until the lozenge dissolves completely (about 16-19 minutes).

Use the 4mg nicotine lozenge if you usually have your first daily cigarette within 30 minutes of waking up, or smoke more than 20 cigarettes per day.

Use the 2mg or the 1.5mg nicotine lozenge if you usually have your first daily cigarette after 30 minutes of waking, or smoke less than 20 cigarettes per day.

Available in:

- 1.5mg - Fruit or Mint flavour
- 2mg - Fruit or Mint flavour
- 4mg - Fruit or Mint flavour

Stopping Immediately

Week 1 - 12	1 lozenge when you have the urge to smoke or every 1-2 hours. Do not use more than 15 lozenges per day.
After 12 weeks	Gradually reduce to 1-2 lozenges per day and then stop use.

Cutting down

Gradually increase lozenge use (maximum of 15 lozenges per day) and reduce smoking with the aim of stopping by 6 months. If you have not cut down at 6 weeks or stopped at 9 months, see your doctor or pharmacist.

More about NRT Lozenges

Nicotine lozenges can offer quick relief to smokers trying to quit and ex-smokers, suffering from nicotine withdrawal cravings.

You don't need a doctor's prescription for nicotine lozenges, however they are a serious over-the-counter medication that must be used strictly as directed. Because of their similarity to candy, both in taste and form, the potential to abuse this quit aid is significant. Careful weaning from the lozenges in the time frame suggested is very important.

Combination Therapy

Combination therapy is using the NRT Patches and an oral product, like NRT Lozenges. This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

Will you receive too much nicotine using two products? Research shows that using two different products at the same time does not lead to an increased risk in side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

Common side effects of NRT Lozenges

Side effects that are commonly associated with nicotine lozenge therapy include:

- Sore throat
- Heartburn
- Nausea/indigestion
- Hiccups

If you experience any of the following extreme side effects, stop using the nicotine lozenge and contact your doctor:

- Irregular heartbeat or heart palpitations
- Throat irritation
- Mouth sores or other problems
- Symptoms of nicotine overdose, which may include dizziness, vomiting, confusion, blurred vision, and feeling weak

REASONS TO QUIT

After stopping for:

- **12 hours** - almost all nicotine is out of your system with most by-products gone within five days.
- **24 hours** - the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.
- **2 days** - your senses of taste and smell start to return.
- **2 months** - blood flow to your hands and feet improves.
- **1 year** - your risk of heart disease rapidly drops.
- **10 years** - your risk of lung cancer is halved.

NRT INHALER



What is it?

A nicotine inhaler (or inhalator) is made up of a plastic mouthpiece and plastic tube, with a cartridge containing 15mg of nicotine. If you miss the idea the hand-to-mouth action of smoking, a nicotine inhaler might help you.

In some ways, a nicotine inhaler resembles a cigarette, with nicotine inhaled through your mouth. When you inhale through the mouthpiece, nicotine vapour is released and absorbed through your mouth and throat. A single nicotine inhaler cartridge last for 20-30 minutes, in which time it can be picked up, used and put down again. It is not advised to leave a inhaler for more then 1 hour.

How do you use it?

1. Line up the markers and pull each end in the opposite direction.
2. Insert the cartridge into the mouthpiece and twist to close securely.
3. When you have a craving take a shallow puff about every 4 seconds or take 2 deep puffs every minute. Each cartridge lasts for approximately 40 minutes of frequent puffing.

Available in:
15mg cartridge of nicotine

Stopping Immediately	
Week 1 - 12	1 cartridge when you have the urge to smoke or every 2 to 4 hours. For best results use 3 to 6 cartridges per day.
After 12 weeks	Gradually reduce to 1 to 2 cartridges a day and then stop use. Use beyond 12 months is not recommended.

Cutting down
Gradually increase inhaler use (maximum 6 cartridges per day) and reduce smoking with the aim of stopping by 6 months. If you have not cut down at 6 weeks or stopped at 9 months, see your doctor or pharmacist.

More about NRT Inhalers

Can you become addicted to NRT Inhaler?

Yes, however the risk of becoming addicted is low because of the way the nicotine is absorbed into the body.

Cigarettes send nicotine directly to the brain within seven seconds via the lungs. The inhaler sends the nicotine into the bloodstream through the mouth and throat, and is much slower to reach the brain. The inhaler is designed to deliver a small amount of nicotine to take some of the edge off the cravings.

Combination Therapy

Combination therapy is using the NRT patches and an oral product, like the inhaler.

This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

Will you receive too much nicotine using two products?

Research shows that using two different products at the same time does not lead to an increased risk in side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

Common side effects of NRT Inhaler

Side effects associated with NRT Inhaler can include:

- Throat and/or mouth irritation
- Cough
- Stomach upset

Additionally, you might experience:

- Change in taste
- Sinus pain/pressure
- Pain in the jaw, neck or back
- Headaches

In rare instances, side effects can be serious. If you experience a rapid heart rate while using the nicotine inhaler, seek medical attention immediately.

REASONS TO QUIT

After stopping for:

- **12 hours** - almost all nicotine is out of your system with most by-products gone within five days.
- **24 hours** - the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.
- **2 days** - your senses of taste and smell start to return.
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NRT QUICK MIST SPRAY

Available in:

Cool Berry Flavour
Fresh Mint Flavour



What is it?

Nicotine Quick Mist Spray is a small dispenser that contains 150 doses of nicotine (1 mg per dose).

Research shows that mouth sprays allow faster absorption and may reduce cravings much faster.

How do you use it?

1. Push the black button down until you can push it lightly inwards.
2. While pushing the button in, slide upwards and continue until the top of the dispenser locks into place.
3. Before using for the first time, prime the pump by pressing the top firmly into a tissue until a fine mist appears. If you don't use the spray for a couple of days you might need to repeat this step.
4. Press the top of the dispenser firmly to release one spray into your mouth either under your tongue or on the inside of your cheek, avoiding you lips.
For best results, wait a few seconds before swallowing. Do not inhale the spray – it shouldn't spray into your throat.
5. To close the dispenser, slide the button down until to can be pushed lightly inwards.
Then, while pushing in, slide down to lock.

Stopping Immediately

Week 1 - 6	Use 1-2 sprays when you would normally smoke a cigarette or have cravings to smoke (1-2 sprays every 30 minutes to 1 hour). Do not use more than 4 sprays per hour for 16 hours or 64 sprays per day.
Week 7 - 9	Start reducing the number of sprays per day.
Week 10 - 12	Gradually reduce to 2-4 sprays per day and then stop use.

Cutting down

Gradually increase mouth spray use (do not use more than 4 sprays per hour for 16, or 64 sprays per day) and reduce smoking with the aim of stopping by 6 months. If you have not cut down at 6 weeks or stopped at 9 months, see your doctor or pharmacist.

More about NRT Quick Mist Spray

Are you still having cravings while using Quick Mist Spray?

- You may not be using it properly. Test your spray by facing it away from people and pets and ensure that it is releasing spray into the air.
- You may not be getting enough nicotine from the mist spray. If you are still having cravings after having two sprays every 30 minutes to an hour, you could consider other options (e.g. Combination Therapy).

Combination Therapy

Combination therapy is using the NRT patches and an oral product, like lozenges.

This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

Will you receive too much nicotine using two products?

Research shows that using two different products at the same time does not lead to an increased risk in side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

Common side effects of NRT Quick Mist Spray

Quick Mist Spray side effects are rarely serious. Many of the effects are due to nicotine, so they can also occur when nicotine is obtained by smoking:

- Headache
- Nausea
- Vomiting
- Tingling/burning sensations

- Inflammation or pain in your mouth or lips
- Changes in taste and saliva production
- Dryness of the mouth
- Hiccups and indigestion

These effects may be due to incorrect use of Nicorette Quick Mist Spray like using too much, or swallowing too much nicotine. These side effects are rare, so if they persist, contact your doctor.

REASONS TO QUIT

After stopping for:

- **12 hours** - almost all nicotine is out of your system with most by-products gone within five days.
- **24 hours** - the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.
- **2 days** - your senses of taste and smell start to return.
- **2 months** - blood flow to your hands and feet improves.
- **1 year** - your risk of heart disease rapidly drops.
- **10 years** - your risk of lung cancer is halved.

NRT GUM

Available in:

Classic
Fresh Mint
Icy Mint
Fresh Fruit



What is it?

Nicotine is absorbed quickly through the lining of your mouth helping to effectively relieve your cravings.

Chewing can help with other withdrawal symptoms such as anxiety and stress.

How do you use it?

1. Chew the gum slowly until the taste becomes strong.
2. When the taste is strong, rest the gum between your mouth's jaw and cheek. Your mouth's lining absorbs the nicotine.
3. After the taste has faded, resume chewing the gum until the taste becomes strong again.
4. Keep repeating steps 2 and 3 until nicotine craving disappears.

Stopping Immediately If you smoke MORE than 20 cigarettes per day

During Week 1 - 12	1 piece when you have an urge to smoke or every 1-2 hours. Do not use more than 10 pieces a day.
After 12 weeks	Gradually reduce to 1-2 pieces a day and then stop use.

Stopping Immediately If you smoke less than 20 cigarettes per day

During Week 1 - 12	1 piece when you have an urge to smoke or every 1-2 hours. Do not use more than 20 pieces a day.
After 12 weeks	Gradually reduce to 1-2 pieces a day and then stop use.

Cutting down

Gradually increase gum use (maximum 10 pieces per day) and reduce smoking with the aim of stopping by 6 months. If you have not cut down at 6 weeks or stopped at 9 months, see your doctor or pharmacist.

More about NRT Gum

Combination Therapy

Combination therapy is using the NRT patches and an oral product, like NRT Gum.

This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

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Research shows that using two different products at the same time does not lead to an increased risk in side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

Common side effects of NRT Gum

- NRT Gum side effects may include:
- Sore mouth
- Jaw pain
- Hiccups or
- Nausea

These side effects are rare but if they persist, contact your doctor.

Do not use the Nicorette Gum if you:

- Are allergic to nicotine or any ingredients of the medication
- Are a non-smoker or an occasional smoker
- Are pregnant or breast-feeding
- Are under the age of 18
- Have a condition affecting the jaw, such as Temporomandibular Joint Disease (TMJ)
- Have just had a heart attack
- Have life-threatening arrhythmias (abnormal heart rhythm)
- Have severe or worsening angina (chest pain)

REASONS TO QUIT

After stopping for:

- **12 hours** - almost all nicotine is out of your system with most by-products gone within five days.
- **24 hours** - the level of carbon monoxide in your blood has dropped dramatically, meaning your body can take and use oxygen more efficiently.
- **2 days** - your senses of taste and smell start to return.
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- **1 year** - your risk of heart disease rapidly drops.
- **10 years** - your risk of lung cancer is halved.

Online support for your quit smoking journey

ICanQuit

A free online resource that provides you with tools to help you along your quit journey and allows you to hear the stories of others.

QuitCoach

Free online tool that provides you with a personalised quitting plan.

My QuitBuddy

A personalised app to help you quit smoking and track your progress. There is also a community board where you can gain support from others.

Quit for you – Quit for two

A free quit smoking app for mums-to-be that can be downloaded from the Apple iTunes online store or at Google Play store.

The Quit Now Calculator

A tool to help you work out how much money you could save if you quit smoking.

Make Smoking History

Assists smokers to quit by providing them with information and resources to help plan their quit attempt.

Sign up for support on your quit smoking journey

First Name: _____ Surname: _____

Age: _____ Phone/Mobile: _____

Email: _____

Suburb: _____ Post Code: _____

Are you Aboriginal or Torres Strait Islander: Yes / No Gender: M / F

Please send this form to:

South Coast Medical Service Aboriginal Corporation
PO Box 548, NOWRA, NSW 2541

or email: intake@southcoastams.org.au

☎ 1800 215 099 or (02) 4448 0200 🌐 intake@southcoastams.org.au ⓘ ICN 182

Telephone support for
**your quit smoking
journey**

Aboriginal Quitline
(13 QUIT or 13 7848)

Provides culturally appropriate and tailored quit smoking services to Aboriginal people. When you call ask you're an Aboriginal advisor.

Quitline
(13 QUIT or 13 7848)

Free online tool that provides you with a personalised quitting plan.

My QuitBuddy

A confidential and individually tailored phone service to assist you in the process of quitting smoking. NSW Quitline advisors are available:
Monday to Friday: **7am - 10:30pm**
Saturday, Sunday & public holidays: **9am - 5pm**





Scan the QR code to save our contact details to your phone.



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