

Instructions for using the nicotine patch

Please read these instructions BEFORE using the patch.

CONGRATULATIONS!

You've decided to use the NICOTINE PATCH to help you quit smoking. Here is your free two-week supply of patches.

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!**

CAN I SMOKE WHILE I'M ON THE PATCH?

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

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.

(Please turn over for more instructions)

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

HOW DO I USE THE PATCH?

1 Start on your Quit Date. Put on a patch first thing in the morning, and keep the patch on until the next morning.



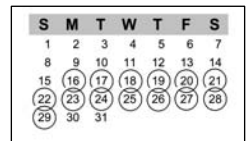
2 Put the patch on a clean, dry part of your upper body that is not hairy. The outside of the upper arm is often the easiest place.



3 Press the patch firmly to your skin for 10–20 seconds so that it stays on.



4 Use a new patch every day until the patches are gone.



5 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.



6 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.

Form Adapted from: Massachusetts Department of Public Health, Tobacco Control Program & Adapted from: *You Can Quit Smoking, Consumer Guide*. U.S. Department of Health and Human Services