

<u>Product</u>	<u>Use</u>	<u>Dose</u>	<u>Possible side effects</u>
Patch	Put patch on clean, dry, non- tattooed non hairy skin. Put in different place everyday	One patch per day 16hr (either 25, 15, or 10mg) 24hr (either 21, 14, or 7mg) (For 1st use give high strength patch)	Skin irritation Disturbed sleep (24hr use)
Inhalator	Place cartridge in inhalator and suck on mouthpiece until nicotine tasted. Use until no more taste (approx 40min continuous use)	15mg Max 6 cartridges per day	Cough/throat irritation *Warm before use i.e. warm between hands
Nasal Spray	One spray to each nostril (one dose)	One/two doses per hour Max 32 doses in 16hrs	Nasal irritation, watering eyes, coughing
Mouth Spray	One to two sprays (one dose)	One to two sprays every 30 mins to 1 hour Max 64 sprays in 24hrs	Hiccups, nausea, dry mouth, burning lips
Gum	Chew, and rest the gum against the inside of cheek Repeat until tasteless (approx 20min) Avoid eating and drinking 15 mins before and after use	4mg/2mg Max. 15 pieces per day (Icy white, original, mint, freshfruit, freshmint, liquorice flavours)	DO NOT SWALLOW Hiccups/indigestion *Not recommended for denture wearers
Lozenge	Allow 1 lozenge to dissolve, move from side to side and rest against inside of cheek	1mg, max 30 per day 2mg, 4mg max 15 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion Throat irritation
Mini Lozenge	Allow 1 lozenge to dissolve in mouth	1.5mg or 4mg, max 15 per day (mint, cherry flavour)	DO NOT CHEW OR SWALLOW Hiccups/indigestion
Cools Lozenge	Allow 1 lozenge to dissolve in mouth	2mg or 4 mg, max 15 per day (Icy mint flavour)	DO NOT CHEW OR SWALLOW Hiccups/indigestion
Micro tab	Place under tongue and allow to dissolve	2mg Max 40 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion
Strips	Place one film onto tongue and push to the roof of the mouth. Allow to dissolve.	2.5mg Max. 15 films per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion

NICOTINE REPLACEMENT THERAPY

Choose 2 products to use together, patch and one other product recommended
(In hospital ensure client has two weeks supply of products to take home)

PATCH



1 week supply = 1
box of 7 patches

NASAL SPRAY



1 week supply = 1- 2 sprays

MOUTH SPRAY



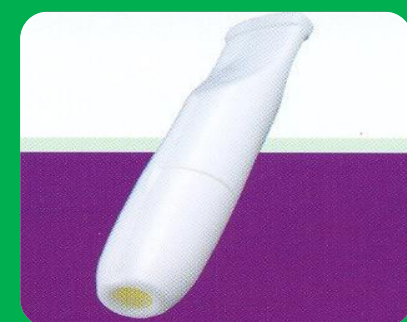
1 week supply = 1- 2
sprays

STRIPS



1 week supply = 60
films

INHALATOR



1 week supply = 2 x 20
cartridges

LOZENGES



1 week supply = 1 box of 96 (1mg)
1 box of 72 (2 and 4mg)

GUM



1 week supply = 1 box of 105

MICROTAB



1 week supply = 1 box of 105

COOLS LOZENGE



1 week supply = 1 x 80

MINI LOZENGE



1 week supply = 2 x 60

Use products for 12 weeks, 2 week supply is a guide, for subsequent vouchers, check client's requirements

DO NOT SMOKE WHILST USING THE PRODUCTS

NOT FOR USE IN ANYONE UNDER 12

IN PREGNANCY DO NOT USE 24HR PATCH OR LIQUORICE GUM