



Nicotine Replacement Therapy: Patch



NRT Patch releases nicotine slowly over a number of hours



What is a NRT Patch?

It is a sticky patch that gives you some nicotine slowly over a number of hours. Each day you use a new patch to help stop your cravings for a cigarette.



Where do I put the patch?

Take the wrapping off the patch and place the sticky side onto the top of your arm, on your chest or on the top of your back. Make sure you choose a new spot for your patch every day.

The patch keeps falling off my arm

Stick the patch on using tape or put the patch on the top of your foot and put a sock or shoe on.

Can I still smoke with the patch on?

Yes you can, but you may find you don't want to smoke as much.

Can I use other types of NRT with Nicotine patches?

Yes you can.



- ⦿ Sometimes the glue on the back of the patch can cause a rash on your skin. If this happens, try a different brand of patch.
- ⦿ Nicotine can hurt children and pets. Remember to throw used patches in the garbage bin.
- ⦿ Talk to your Doctor, Nurse, Pharmacist or Health Professional if you want to know more.