

## ARE THERE ANY SIDE EFFECTS?

Side-effects are rare. If it occurs, these are:

- Hiccups or indigestion from the gum and lozenge if not used the proper way. Please refer to instructions for use of gum and lozenges inside this brochure.
- Vivid dreams from the patch. If it becomes a problem, remove the patch when sleeping.
- Severe rash from the patch. Use gum or lozenges. Some redness or itching is normal.
- Feeling very light-headed or nauseous, try a lower strength patch, gum or lozenges
- Still craving, feeling irritable, anxious or restless, use a higher strength NRT in combination (patch + gum or patch + lozenges).

## WHAT IF I SMOKE WITH A PATCH ON?

The aim of using the patch + gum or lozenges is to help you to be Smokefree. When you smoke with the use of patch, gum or lozenges, you will feel dizzy and/or nauseous. Remember, smoking will slow down your recovery and healing time.



Stopping smoking is the best thing you can do to look after you and your whaanau's health, and to heal and recover faster.

If you are a patient or a visitor who would like help to stop smoking and know more about other available options of support and medications, please ask your nurse or doctor.

Living Smokefree Service

Phone: 09 259 3894  
0800 569 568

Text NOW to 226

smokefree@middlemore.co.nz



Smokefree Counties  
Manukau 2015

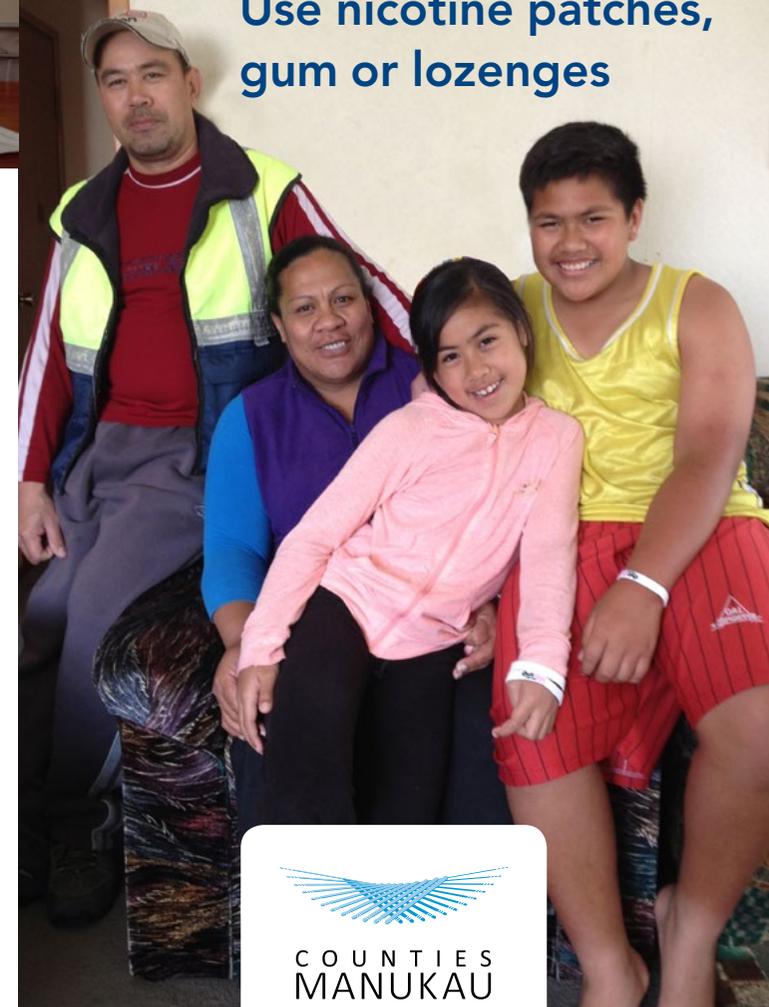


LIVING  
SmokefreeService



# Live Smokefree

## Use nicotine patches, gum or lozenges



COUNTIES  
MANUKAU  
HEALTH

Call the Living Smokefree Service on 0800 569 568  
to talk about options to help you become smokefree



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**Nicotine Replacement Therapy (NRT) reduces anxiety, restlessness, bad mood and the urge to smoke. These are all signs that a person needs nicotine.**

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### WHY USE NRT?

Using NRT in combination (patch + gum or lozenges) for twelve weeks doubles your chances of quitting. NRT helps you to feel more comfortable in situations where you can not smoke and helps you to remain Smokefree so that you may heal and recover faster.

NRT reduces your urge to smoke by replacing some of the nicotine you get from cigarettes or tobacco without damaging your health.

### WHAT DOES IT COST?

**NRT is free to all patients while they are in hospital.**

If you are a caregiver or a visitor and would like to quit, please ask a Health Professional for a Quit Card.

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**With a Quit Card, or a prescription from your doctor you can get twelve weeks supply of nicotine patches, gum or lozenges for just \$5 per product.**

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### PATCH, GUM OR LOZENGE

#### Patch (21 mg, 14 mg and 7 mg)

Provides a slow constant release of nicotine.

Takes two to three hours to start working. How to use:

- Put the patch on a clean, hairless part of the skin.
- Replace patch after 24 hours, putting the new patch on a new area of skin.

#### Gum (4 mg or 2 mg) or Lozenge (2 mg or 1 mg)

Provides a burst of nicotine when needed.

Takes 20-30 minutes to start working.

- It is important not to use the gum like regular chewing gum.
- Do not bite down on the lozenge.
- Chew gum/suck lozenge until you get a 'peppery' taste, then rest it in between your cheek and gums. Repeat this process every few minutes for 20-30 mins, then remove. Use up to 15 pieces a day.




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**Use NRT in combination (patch + gum or patch + lozenge) for at least three months.**

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### IS NRT SAFE?

Yes. It only contains nicotine in small amounts, making it safe and not addictive. It is the tar and carbon monoxide in cigarettes that are bad for you.

### CAN ANYONE USE NRT?

Yes, anyone over 12 years old who smokes can use NRT.

If you need to use NRT and you are:

- **Pregnant** – try nicotine gum or lozenges first. If these do not help you, use nicotine patch with gum or lozenges but, take the patch off when you sleep.
- **Recovering from a recent heart attack or unstable angina** – try nicotine gum or lozenges first. If these do not help you, use nicotine patch with gum or lozenges.
- **Having a surgery where you have been told that nicotine may slow wound healing** – try nicotine gum or lozenges first. If these do not help, use nicotine patch with gum or lozenges.

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### NRT is safer than smoking.

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When stopping smoking, the doctor may need to adjust the dose of some medications including:

clozapine, olanzapine, warfarin, fluvoxamine, haloperidol, theophylline, chlorpromazine