



## Information on Types of Nicotine Replacement Therapy

NRT – Nicotine Replacement Therapy - such as patches and gum, and other stop smoking medicines, can at least double your chances of stopping. If you combine this with free support from the Vitality service you are up to four times likely to stop.

NRT is not ‘a cigarette.’ It is not made up of tar or other chemicals and does not cause cancer. It is suitable for most people, but speak to Vitality or your doctor to see if it is suitable for you. NRT comes in many forms including: Nicotine gum, patches, lozenges, tablets, inhalators and nasal sprays. Other prescription medicines include Zyban and Champix. When you speak to a Vitality advisor, we can discuss the options most suitable for you. You get FREE\* NRT with Vitality.

Type of NRT	What do they do	How to use	Dosage	Advantages	Disadvantages
<b>Patches</b>	The patch is a self adhesive, nicotine-containing circle that looks like an oversized band-aid. The outer ring sticks to the skin, while the inner portion presses against the skin and slowly releases nicotine into your blood through the outer layer of the skin.	You should always apply your patch to a dry, hairless area of skin on the front or side of your chest, upper arm or hip.	It takes about four to eight hours to reach peak level depending on the patch you use - some types are for 24 hour use and will deliver a steady dose, while others should be applied first thing every morning and removed before you go to bed.	Provide you with a steady supply of nicotine.  Patches come in different strengths, and you go from the strongest one you need to the weakest available.	If you use the same spot for two consecutive days, your skin might get irritated.
<b>Gum</b>	Nicotine is absorbed through the lining of the mouth.	Chewing the gum will release a “peppery” taste that indicates that you should park the gum in your cheek for nicotine absorption.	People generally use 10 to 15 pieces of gum each day for the first three months and then reduce the number of pieces. If you start with the full strength 4mg, you can change to the low strength 2mg gum during the reduction stage.	Allows you to control your nicotine dose.  Provides some oral gratification of its own to replace the cigarettes.	Taste of NRT gum can be unpleasant at first but most people get used to it. If you continue chewing without parking, the nicotine will be released directly into the saliva in your mouth, which will eventually be swallowed, leaving you with a nasty stomach ache and a craving.

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<b>Inhaler</b>	Will help with your cravings by releasing nicotine which is absorbed through the lining of your mouth.	The inhalator is a plastic mouthpiece with a replaceable nicotine cartridge inside, which you take puffs off so that nicotine is taken into the mouth and back of your throat, but not into your lungs.	It is important not to expect the inhalator to be like a cigarette - it won't ever give you a 'hit'.	An inhalator could suit you if you feel you will need something to do with your hands when you give up smoking.  Works much more quickly than the gum.	Side effects like burning of the nasal tissues or throat, stomach ache and nausea.
<b>Nasal Spray</b>	The nicotine is delivered to the user by spraying it into the nostrils, and is rapidly absorbed by the nasal membranes inside the nose.	The nasal spray is a small bottle of nicotine solution. You press down to send a spray of nicotine directly into your nose. It needs a bit of practice to use it properly.	The nicotine spray should be administered once or twice each hour but no more than five times in one hour and no more than 40 doses a day. The nasal spray should be used for about 12 weeks.	More beneficial for heavy smokers who find they still experience cravings even with gums or patches as it reduces nicotine cravings within several minutes of dosing.	Some people find the spray irritates the nose and throat. These side effects are usually short-lived and are tolerated after the first week of use.
<b>Microtab</b>	Nicotine is released and is absorbed into the body through the lining of the mouth.	This is a small white tablet which you place under your tongue. It is important that you let the tablet dissolve slowly, which takes about 20 - 30 minutes, and that you do not swallow, suck or chew it. This would make the microtab ineffective.	Nicorette Microtab contains 2mg nicotine. Initially you should use one tablet every one to two hours. Most people use 8 to 12 tablets per day.  If you smoke more than 20 a day or require more than the standard initial dosage, you should take 2 tablets every 1-2 hours. You should use no more than 40 tablets per day.	Small and discreet Nicotine is absorbed much more readily through the lining of the mouth than through the stomach.  The microtab is effective in both low and heavy dependency smokers.	They can leave an unpleasant taste in the mouth and you may suffer from a sore mouth.

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<b>Lozenge</b>	Will help with your cravings by releasing nicotine which is absorbed through the lining of your mouth and for a short time after the lozenge has disappeared.	Simply place the lozenge in your mouth and let it dissolve, moving it back and forth from time to time.	There are 2mg and 4mg strengths. The stronger one is for people who normally smoke within 30 minutes of waking in the morning. You take one lozenge every hour or two for the first six weeks of stopping smoking and then gradually reduce the number you take each day over the next six weeks.	<p>May be a good choice for those quitters who, for employment or social reasons, feel the need to be inconspicuous about their quitting.</p> <p>Since nicotine from the lozenge enters the brain in minutes, rather than hours (as with the patch), it can be easier to modify daily dosage to meet your specific needs.</p>	The most common side effects of lozenge use are soreness of the teeth and gums, indigestion, and irritated throat. These side effects are usually short-lived and are less likely with use as directed. Do not bite into or chew the lozenge, as this will cause more nicotine to be swallowed quickly and result in indigestion and/or heartburn.

## OUR FREE NRT SCHEME

Vitality is committed to helping you stop smoking. That's why, as part of our FREE\* service package to you, we are giving away eight weeks worth of Nicotine Replacement Therapy (NRT.) You can choose from chewing gum and patches to lozenges, nasal sprays and inhalers.

\*Nicotine Replacement Therapy is available from participating pharmacies. You pay the first prescription charge of £6.85 and then received eight weeks worth of NRT – free. If you are exempt from paying prescription charges, then it's completely free! Visit a participating pharmacy today.