ash wales cymru

action on smoking and health

ONLINE NRT GUIDE

nicotine replacement therapy

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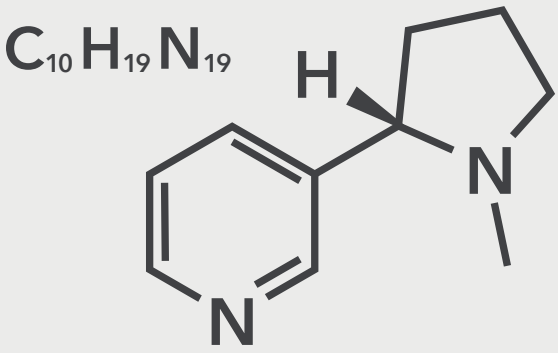
WHAT IS NRT?

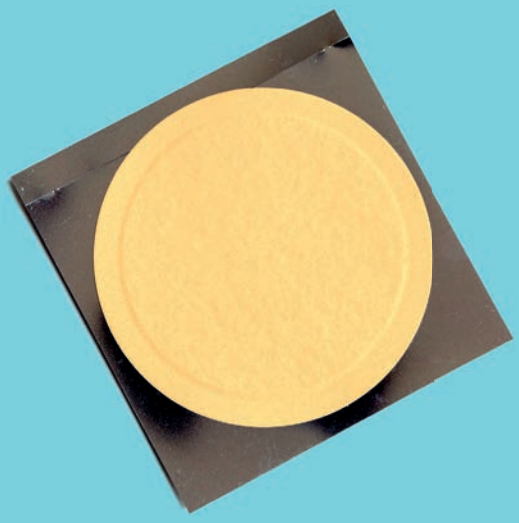
The main reason that people smoke is because they are addicted to **nicotine.** Nicotine Replacement Therapy (NRT) is a range of medication that helps reduce unpleasant withdrawal effects, like bad moods and cravings, by providing you with nicotine, without the tar, carbon monoxide, and other poisonous chemicals present in tobacco, making it far safer than smoking.



NICOTINE PATCHES

WHAT ARE NICOTINE PATCHES?

They look and are placed on the skin like plasters. They provide a steady supply of nicotine into your body through the skin, to replace some of the nicotine you would get from a cigarette.



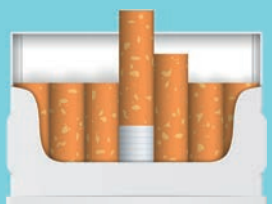
NICOTINE PATCHES

- Discreet
- Easy to use
- Provide a step-down approach
- Safe to use

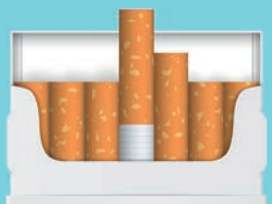
- Skin irritation
- Disturbed sleep and vivid dreams
- Dizziness and headache
- Nausea
- Increased heart rate
- Muscle aches and stiffness

NICOTINE PATCHES

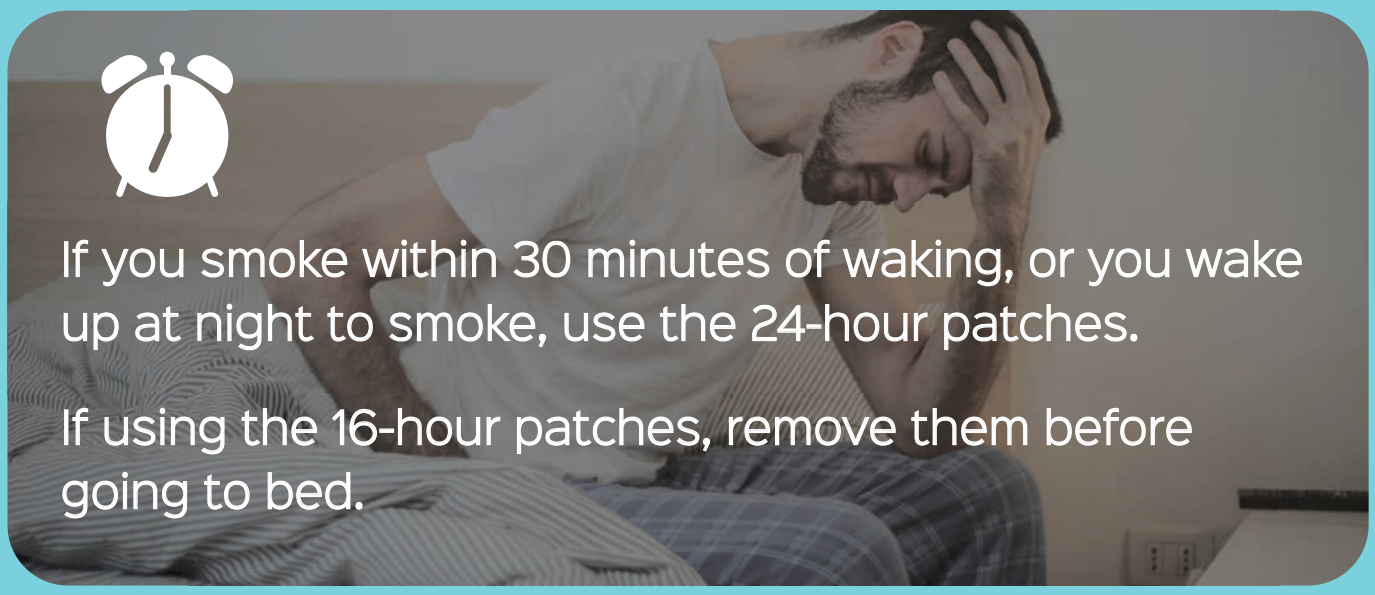
WHICH PATCH SHOULD I USE?



Less than 20 cigarettes a day



More than 20 cigarettes a day



If you smoke within 30 minutes of waking, or you wake up at night to smoke, use the 24-hour patches.

If using the 16-hour patches, remove them before going to bed.

APPLYING NICOTINE PATCHES

Ensure skin is oil free. Trim excess hair (do not shave).

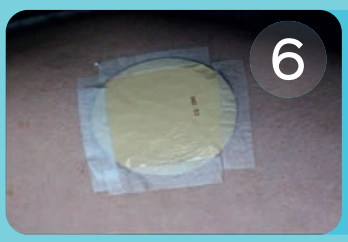
Remove outer packaging.

Peel patch from silver backing paper.

Place onto the skin. Try not to touch sticky area.

Press down all over the patch. Ensure the outer edge is stuck down well.

Apply steady pressure for 1 minute.



If patch lifts, use medical tape as shown. Do not cover the central patch area.

"I DON'T SMOKE PACKET CIGARETTES."

If you smoke tobacco as **roll-ups, cigars** or in **pipes,** here is our handy guide to help you calculate the equivalent number of cigarettes you smoke each day.

Rolling Tobacco

1 x roll-up cigarette	= 1 x cigarette

If daily number of roll-ups is unknown:

25g bag of tobacco	= 50 x cigarettes
1 x 25g bag a week	= 7 x cigarettes a day

Cigars

1 x small cigar	= 1.5 x cigarettes
1 x medium cigar	= 2 x cigarettes
1 x large cigar	= 4 x cigarettes

Pipes

1 x bowl of tobacco	= 2.5 x cigarettes

WHAT IS NICOTINE NASAL SPRAY?

A nicotine nasal spray administers nicotine into the nose, where it is absorbed through the lining of the nostrils, giving the user rapid relief from cravings.

NASAL SPRAY

- Good alternative to mouth absorbed NRT
- Fast acting
- Easy to use

- Nose irritation
- Runny nose
- Coughing
- Sneezing
- Eye irritation

USING NASAL SPRAYS

1 dose = 2 x sprays (1 x spray in each nostril)

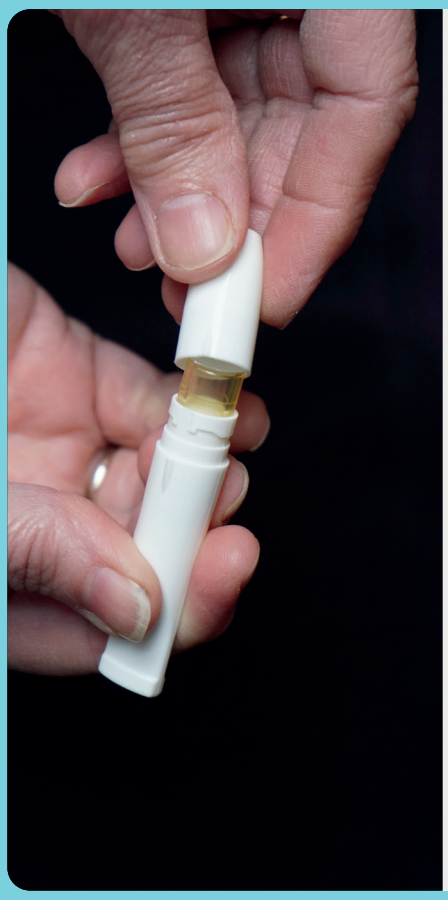
Your doctor or pharmacist will direct you on the specific amount and frequency of dosage that's right for you. They will likely suggest that you start with one or two doses per hour.

Never use more than 5 x doses per hour or 40 x doses per 24-hour period.

1. Blow your nose to clear nasal passages, and wash your hands.
2. Before the first use, prime the pump by pumping it into a tissue until a fine mist appears. Discard the tissue.
3. Angle the pump to spray the inside of the nostril, not directly up the nose, then spray.

If liquid gets on skin or in eyes, or ears, wash off with water.

INHALATORS



WHAT ARE NICOTINE INHALATORS?

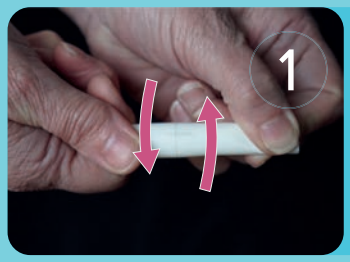
Nicotine inhalators (or inhalers) help smokers in two ways. Firstly, the vapour replaces nicotine usually supplied by cigarettes. Secondly, the user makes the same motions of smoking (hand to mouth) which can be just as important to the user as the chemical replacement.

INHALATORS

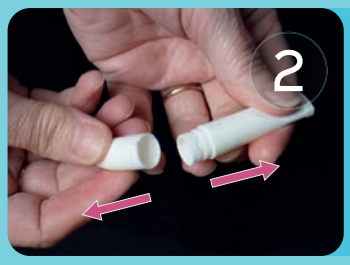
- Quick craving relief
- Replicates hand to mouth action

- Sore throat
- Dry mouth
- Headache
- Nausea
- Hiccups

HOW TO USE INHALATORS



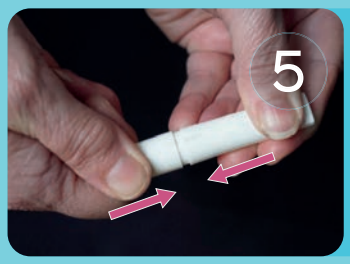
Line up the arrows.



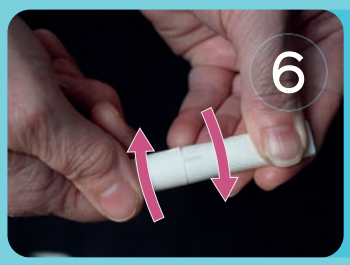
Pull both ends apart

Insert liquid capsule.

Push to click.



Push both sections of the inhalator together with the arrows aligned.



Twist both ends so the arrows are not aligned, to close.

INHALATORS

You should not draw the nicotine vapour into your lungs because it will deliver too much nicotine into your system too quickly and cause negative side effects.

Instead, draw the nicotine vapour into your mouth, where it will be absorbed into the bloodstream through the lining of the mouth and larynx.

LOZENGES

WHAT ARE NICOTINE LOZENGES?

Nicotine lozenges are tablets, just like throat lozenges. You simply need to place a nicotine lozenge in your mouth, between the gum and the cheek, and allow it to dissolve over the course of 20 to 30 minutes.

The nicotine is absorbed into the bloodstream through the lining of the mouth, helping to manage cravings

LOZENGES

- Discreet
- Easy to use
- Fast acting
- Available in various flavours

- Sore throat
- Dry mouth
- Indigestion
- Unpleasant taste
- Increased salivation

LOZENGES

RECOMMENDED DOSAGE

Less than 20 cigarettes a day

1 to 2mg every 1 to 2 hours when there is an urge to smoke.

More than 20 cigarettes a day

4mg every 1 to 2 hours when there is an urge to smoke.

NICOTINE GUM

WHAT IS NICOTINE GUM?

Nicotine gum is chewed to release nicotine into the bloodstream through the lining of the mouth. Like other gum, it is not be swallowed, but disgarded once used.

NICOTINE GUM

- Discreet
- Easy to use
- Fast acting
- Available in various flavours

- Sore throat
- Dry mouth
- Indigestion
- Unpleasant taste
- Increased salivation

HOW TO USE NICOTINE GUM

Nicotine gum should not be chewed like regular gum. It is important to chew nicotine gum slowly to get the most out of it.

Chew until there is a peppery taste of nicotine, then rest between your cheek and your gums. When the taste fades, chew it again. Repeat this cycle for up to 30 minutes or until the taste goes away completely.

You should wait at least 15 minutes after eating or drinking before using nicotine gum. This is because certain foods can inhibit the absorption of nicotine.

NICOTINE GUM

RECOMMENDED DOSAGE

Less than 20 cigarettes a day

2mg when there is an urge to smoke.

More than 20 cigarettes a day

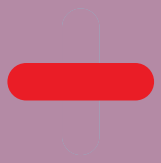
4mg when there is an urge to smoke.

WHAT IS NICOTINE MOUTH SPRAY?

A nicotine mouth spray administers a fast-acting nicotine mist into the mouth, where it is absorbed through the lining of the cheek and the gums, giving the user rapid relief from cravings.

MOUTH SPRAY

- Discreet
- Quick craving relief



- Sore throat
- Dry mouth
- Headache
- Nausea
- Hiccups
- Increased salivation

HOW TO USE NICOTINE MOUTH SPRAY

Press the button in and down until the button can be pressed further in. Do not press too hard.

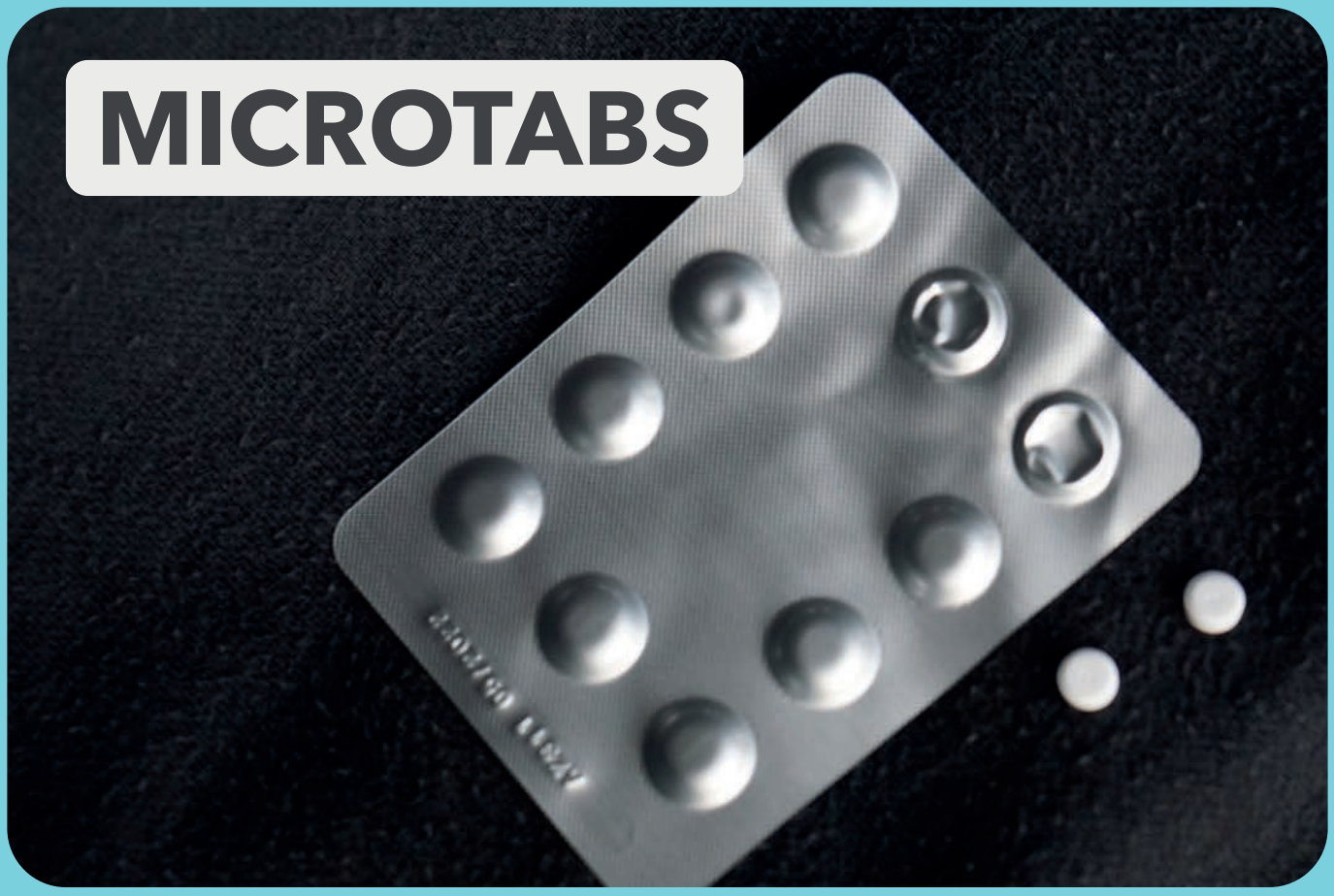
While pressing the button in, slide the top section upwards to unlock the dispenser.

If you are using the mouth spray for the first time, you must prime the spray pump. Press the top of the bottle with your index finger until a fine mist appears.

Hold the spray close to your mouth, pointing the nozzle towards the inside of your cheek and spray once.

Do not inhale while spraying, to avoid getting spray down your throat, which may cause throat irritation or hiccups. For best results, avoid swallowing for a few minutes.

To close, slide the button down and press in. While pressing in, slide the top of the dispenser down and release the button.



WHAT ARE NICOTINE MICROTABS?

If you have already quit smoking completely, microtabs can be used to relieve cravings for a cigarette.

If you are not yet ready to stop smoking completely, microtabs can also help you cut down the number of cigarettes that you smoke each day, by using a microtab instead of having a cigarette. This can make it easier to eventually stop smoking completely.

HOW TO USE NICOTINE MICROTABS

The microtab should be placed under your tongue and allowed to dissolve. Do not suck, chew or swallow the microtab, because swallowed nicotine can cause side effects such as throat and stomach irritation, indigestion, or hiccups.

When you quit smoking completely, it is recommended that you use one to two tablets every hour, for up to three months after stopping smoking. After this time, your psychological urge to smoke should be less. You should then be able to gradually reduce the number of tablets you are using, so that you are using less and less nicotine.

You should stop using the tablets when your consumption is down to one or two tablets a day.

MICROTABS

- Discreet
- Quick craving relief

- Sore throat
- Dry mouth
- Headache
- Hiccups
- Bad taste

MICROTABS

RECOMMENDED DOSAGE

Less than 20 cigarettes a day

1 tablet per hour (increase to 2 tablets per hour if needed).

More than 20 cigarettes a day

2 tablets per hour.

CHAMPIX & ZYBAN

WHAT ARE CHAMPIX AND ZYBAN?

Champix (also called Varenicline) reduces the cravings for nicotine and helps with the withdrawal symptoms you get when you stop smoking. These can include an urge to smoke again, feeling depressed or irritable, and difficulty sleeping.

Zyban (also called Bupropion) originally used to treat depression, has been found to help people quit smoking; thought to have an effect on the parts of the brain involved in addictive behaviour.

These medications are only available via prescription and are **not to be used** by women who are **pregnant** or **breastfeeding.**

For more information on Champix and / or Zyban, visit the NHS webiste:

Scan or click

E-CIGARETTES / VAPES

E-cigarettes / vapes are an effective form of nicotine replacement, however, they cannot be prescribed as NRT medication.

Find out more about e-cigarettes and vaping on our website:

Scan or click