

How to use Nicotine Replacement Therapy (NRT)

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It is safe to use a combination of nicotine replacement therapy (NRT) products.

For example:

- › You can wear a slow-acting product (like a patch) while using a fast-acting product (like gum, lozenges, an inhaler, or a mouth spray).
- › You can use 2 fast-acting products, but they should not be used at the exact same time.

Combining NRT products can help you manage your cravings.

Nicotine patches

- **Remove the old patch before you apply a new one.**
- Each morning, apply 1 patch above your waist to a clean, dry area of skin with no hair.
- Apply a patch to a different area each day. This can help prevent skin irritation.



1. Press the patch against your skin for 10 to 20 seconds to make sure it sticks well.
2. Leave the patch on for up to 24 hours (1 day). If the patch bothers you while you sleep, remove it at bedtime.
3. When you remove the patch, fold the sticky sides together. Throw it away safely, out of reach of children and pets.

Nicotine lozenges

Do not swallow or chew the lozenge.

1. Suck on a lozenge until there is a strong nicotine taste.
2. “Park” (hold) the lozenge between your cheek and gums. This will let the nicotine absorb (be taken in) through the lining of your mouth.
3. Keep sucking and “parking” the lozenge until it dissolves (is gone), or your craving goes away.



Nicotine gum

Do not swallow the gum.

Use the “Chew and Park” method:

1. Chew the gum a couple of times, until there is a nicotine taste (like pepper) or a tingling feeling in your mouth.
2. “Park” (hold) the gum between your cheek and gums. This will let the nicotine absorb through the lining of your mouth.
3. When the taste goes away (usually within 1 minute), repeat steps 1 and 2.
4. After about 30 minutes, all of the nicotine from the gum will have been released.
5. Throw the gum away safely, out of reach of children and pets.



Nicotine inhaler



1. Line up the marks on the inhaler. Pull to separate the inhaler into 2 parts.
2. Remove a nicotine cartridge from the package. Place it in the bottom of the inhaler. Press firmly to break the seal of the cartridge.
3. Line up the marks on the 2 parts of the inhaler and put them back together. To secure the cartridge in place, twist the 2 parts so that the marks **do not** line up.
4. Place the smaller end of the inhaler in your mouth and puff in short breaths to fill your cheeks. **Do not inhale (breathe in) into your lungs like you would with a cigarette.**
5. The cartridge will be empty after about 20 minutes of continued use (puffing without stopping), or after about 80 puffs.
 - › **You do not have to use the cartridge for the full 20 minutes.** You may get several uses out of 1 cartridge.
6. When the cartridge is empty, throw it away safely, out of reach of children and pets.
7. The mouthpiece can be washed and reused.

Nicotine mouth spray

1. To use a new spray container, pop up the dispenser. Point the nozzle away from yourself and press down on the dispenser a few times until you get a spray.
2. Hold the spray close to your mouth. Press down on the dispenser and spray 1 to 2 times into your mouth.
3. **Do not inhale or swallow when spraying.**
4. If the spray is too strong when you spray it in your mouth, you can spray it on your finger and rub it on the inside of your cheeks and gums.



Do not take more than:

- › 2 sprays at a time.
- › 4 sprays an hour.
- › 64 sprays a day.

Getting rid of expired or unused medications

Most pharmacies in Nova Scotia can accept any expired or unused medications.

1. Remove the medication from the package.
2. Place the medication in a bag and take it to your local pharmacy.

Nova Scotia Health visitors and outpatients can buy over-the-counter NRT products at pharmacies and stores. This can help them stay nicotine-free more comfortably while at our sites.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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