PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Gum

Brand Name

- Nicorette, Thrive, generic store brand

Strengths

- 2mg, 4mg

How to use

- Start by chewing 10-20 pieces/day.
- Decrease by one piece per day each week (i.e.: week 1 = 15 pieces/day, week 2 = 14 pieces/day, week 3 = 13 pieces/ day, etc.).
- Use regularly for 3 months, then only use as needed.
- If you smoke less than half a pack every day, start with 2mg strength.
- If you smoke more than half a pack every day, start with 4mg strength.

Important

- Bite. Bite. Park for 1 minute. Bite. Bite. Park for 1 minute. Repeat.
- One piece lasts for approx. 30 minutes.

Things to avoid

- Do not eat or drink 15 minutes before or while chewing nicotine gum (might cause side effects like hiccups, heartburn or feeling sick).
- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) 15 minutes before chewing nicotine gum (the gum will not work as well).

Benefits

- Easy to use, keeps mouth busy.
- Easily disguised (looks like you are chewing regular gum).

Patch

Brand Names

- NicoDerm, generic store brand

Strengths

- 21mg, 14mg, 7mg

How to use

- Weeks 1-6: apply one 21mg patch daily.
- Weeks 7-8: apply one 14mg patch daily.
- Weeks 9, 10: apply one 7mg patch daily.
- If you smoke less than half a pack every day, you may start with the 14mg patch.

Important

- Apply a new patch every 24 hours.
- Do not apply a patch to the same spot more than once within 7 days.

Caution

- Heavy exercise may increase the absorption of nicotine (your pharmacist can help you find a solution that works best for you).
- Applying the patch immediately after a shower may increase the absorption of nicotine (increasing your chance of experiencing side effects).
- Talk to your doctor or pharmacist if you have any skin conditions (i.e., eczema).

Benefits

- Keeps a constant level of nicotine in bloodstream to help reduce cravings and symptoms of withdrawal.
- Can easily be hidden under clothing.