

Nicotine Replacement Therapy Can Help You Quit Smoking

What are the options?



Patches

- Wear patches on your upper arm



Mouth spray

- Spray onto the inside of your cheek



Inhalator

- Take short puffs on the mouthpiece



Gum

- Chew the gum slowly, then place in the side of your mouth



Lozenges

- Place in the side of your mouth until it dissolves

Most people use a patch and at least one other product

**Nicotine Replacement Therapy (NRT) reduces
your cravings and withdrawal symptoms**

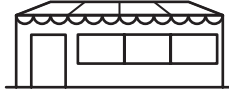
Who?



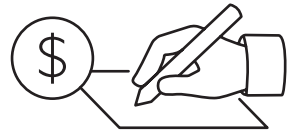
- 12 years and over
- Safe during pregnancy*
- Safe with medication^

Where?

Pharmacy
or
supermarket



Cost?



Patches are cheaper
with a script from
your doctor

**It is recommended to remove patches overnight during pregnancy.*

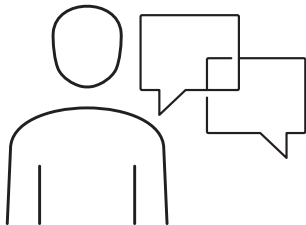
^Some medication for mental health may need to be reviewed if you quit or restart smoking. Speak to your doctor.


Everyone is different – there is a dose that will work for you

- ✓ Some people may need more than one patch
- ✓ It can take eight weeks to six months, or longer

Always refer to the instructions for use

Still have cravings? Need more help?



-  **Quitline. 13 7848**
- Pharmacist
- Doctor
- Health worker
- Aboriginal Health Service