Nicotine Patch Use Instructions

(Please read manufacturer's instructions.) Do not smoke while using the nicotine patch. If you go back to being a regular daily smoker, stop using the patch.

Put the patch on this area of your body

How should I use the patch?
- Stop smoking completely before you start using the patch.
- Use only one patch each day.
- Put the patch on in the morning and wear it all day.
- Put the patch on clean skin between the neck and the waist, such as the upper arm, the shoulder, or on your back.
- Apply the patch to a different location each day to prevent skin irritation.
- Do not put the patch on and then remove it as a substitute for a cigarette.
- Keep the patch on while you are sleeping. If you have trouble sleeping, or have bad dreams, take the patch off before going to bed.

What if I forget to put a patch on first thing in the morning?
- Put a patch on as soon as you can that day. If you skip a day, do not put on more than one patch.

What if I feel dizzy, develop a skin rash or my heart beats faster than normal?
- Stop using the patch and contact your doctor or health care provider.

Keep new and used patches out of reach of children and pets.
- Used patches should be folded in half and safely thrown away.
- If children or pets chew or swallow a patch, get medical help or call: The American Association of Poison Control Centers 1-800-222-1222 right away to find the nearest poison control center. Or visit: http://www.aapcc.org/centers/ and enter state locationinformation.

How long should I use it?
- It is the manufacturer's recommendation that nicotine patches be used for 8 full weeks.
- While you are using these 14 patches, save the money you would have spent on cigarettes and use it for your next supply.
- You can purchase more patches over the counter without a prescription at most pharmacies, food or discount stores.
- If you are insured, ask your health care plan if the nicotine patches are covered.

Check us out on...

1-866-NY-QUITS (1-866-697-8487) • *www.nysmokefree.com*
• Call us: **Mon-Thurs 9am-9pm,   Fri-Sun 9am-5pm** • Taped message library and tip of the day - 24 hours /7 days • Join QuNitY, your smoke-free community *https://qunity.nysmokefree.com*

This literature was developed by the Tobacco Control Program at Roswell Park Cancer Institute

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Frequently Asked Questions About the Nicotine Patch or Combining With Nicotine Gum or Lozenge

Why aren't my patches sticking?
Lack of sticking may be caused by hot weather, skin type, or activity.
- Place the patch on a non-hairy, clean, dry area of skin. Press the patch firmly on your skin with the heel of your hand for at least 10 seconds. Make sure it sticks well to your skin, especially around the edges.
- Do not use moisturizing soap or lotion before applying the patch. If you are using a moisturizing soap, try changing soaps or place medical tape over the patch to help keep it in place.

Can the nicotine patch be placed over a tattoo?
- We suggest wearing the patch on a part of your body that is not tattooed.
- We do not know if the tattoo would affect how the patch works, or if the tattoo coloring would change.

Can I use other forms of nicotine replacement like the gum or lozenge while I am on the patch?
- Studies have shown you may have an increase in quitting success over using the patch alone, by combining the patch with the gum or lozenge. Talk with your doctor or healthcare provider to see what may work best for you.

What if my skin is very hairy?
- If you need to, you can shave a small area of skin and apply the patch to it. Make sure the area is not cut, nicked, or irritated in any way.

Can the nicotine patch be worn in a tanning bed?
- The patch can be worn in the sun or tanning bed.
- Use of sunscreens with the patch is not recommened as it may affect how well the patch sticks to your skin.
- If you are planning on using the patch while tanning, you may want to place it in an area that will not be exposed.

Do nicotine patches contain latex?
- No, patches do not contain latex material.

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