

# How nicotine replacement therapy (NRT) products can help you quit for good

Did you know that using NRT products can increase your chances of quitting for good and you can use more than one product at a time?

Talk to your health professional about what might be best for you.

## What are the options?

### Patches

They're worn on your skin, and slowly release nicotine. Patches are cheaper with a script from your doctor.



### PLUS

### Gum

Unlike regular gum, nicotine gum works by chewing and then placing in the side of your mouth. Gum is cheaper with a script from your doctor.



### OR

### Lozenges

As the lozenge dissolves, nicotine is absorbed through the lining of your mouth. Lozenges are cheaper with a script from your doctor.



### OR

### Mouth spray

Relieves cravings the fastest. Aim and spray onto the inside of your cheek or under your tongue.



### OR

### Inhalator

Releases nicotine into your mouth when you inhale it. Mimics the hand-to-mouth habit of smoking.



## Fast facts

NRT products are:

- less addictive than smoking cigarettes
- safe to use, even if you are on medication
- available in pharmacies and most supermarkets

Give yourself the best possible chance of success by using NRT products as well as a support service such as Quitline (13 7848).

 Quitline 13 7848

[quit.org.au](http://quit.org.au)