



Nicotine patches, lozenges & more

How nicotine replacement
therapy (NRT) can help you
stop smoking

Did you know that you are more likely to stop smoking and stay quit when you use nicotine replacement therapy (NRT)?

Fast facts

NRT:

- › works best when you use it together with Quitline
- › is less addictive than smoking cigarettes
- › is safe to use for most adults trying to stop smoking
- › is sold in pharmacies and most supermarkets.

Also, your doctor can prescribe other stop smoking medications for you. Talk to your doctor or pharmacist about what may work best for you.

Talk to your doctor if you are pregnant or breastfeeding and want to use NRT.

Smoking can affect how some medicines work. It's important to talk with your doctor or pharmacist as they may need to look at your medicines when you stop smoking.

How do they work?

NRT replaces some of the nicotine you usually get from cigarettes. This helps reduce cravings and feelings of withdrawal.

NRT works best with people who show signs of nicotine addiction, like:

- › you smoke your first cigarette within 30 minutes of waking up
- › you smoke more than 10 cigarettes a day
- › you have cravings and feelings of withdrawal when you stop smoking.

What's the best way to use NRT?

For most people NRT works best when patches are used together with a faster-acting type of NRT such as lozenges, gum or mouth spray.

Talk to your pharmacist or doctor about:

- › which type of NRT may work best for you
- › the right dose of NRT for you and
- › how to use them correctly.

You will have more likelihood of success with the faster-acting types of NRT if you use them regularly throughout the day as well as when you have cravings.

You don't need to stop using your NRT if you have a cigarette. It is safe to keep using NRT while you try to stop smoking provided you reduce the amount you smoke.



Patches

They are worn on your skin and slowly release nicotine.



Lozenges

As the lozenge dissolves, nicotine is absorbed through the lining of your mouth. Do not chew or swallow the lozenge.

OR



Gum

Unlike regular gum, nicotine gum works by chewing and then parking it in the side of your mouth. When its peppery taste fades, chew it again.

OR



Mouth spray

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

NRT doesn't cost as much as you think!

Nicotine patches are cheap (and in some cases free) with a script from your doctor.

- › **4 weeks** of nicotine patches on a script from your doctor with concession is less than \$8.
- › **4 weeks** of nicotine patches on a standard script from your doctor is **less than \$35**.

Nicotine patches under the 'Closing the Gap scheme' for Aboriginal and Torres Strait Islander people are **free** with concession. If you don't have a concession card, they cost less than \$8 for 4 weeks of patches.

Buying NRT without a script from your pharmacy or supermarket still costs **less** than smoking.

The best way to stop smoking is to use stop smoking medication such as nicotine replacement therapy PLUS talk with Quitline (13 7848) for practical support that suits you.

Our friendly Quitline counsellors have helped thousands of people stop smoking. And remember, you don't need to feel ready to quit to give us a call.

 **Quitline** 13 7848

Visit quit.org.au

To contact Quitline:

- › Call **13 7848**
- › Ask Quitline to **call you back** for **free** at quit.org.au/callback

There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Scan the QR code or visit quit.org.au/quitline



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This information is for general use only: please consult your health professional for further advice.

A partnership between:

