HOW TO USE NICOTINE PATCHES
(Change patch site every day)

1. Remove used patch before applying a new one
2. Apply a fresh patch to a clean, dry area of your upper body (above your waist) shortly after waking and leave it on for 24 hours
3. Handle the sticky part of the patch as little as possible
4. Apply the patch to the skin and press down firmly around the outside edges so that no water, dirt or oil gets under the edges
5. If patch is not sticking well, try cleaning the area with rubbing alcohol first to remove any oils. You can also use medical tape or an arm band to hold the patch in place
6. During removal, fold the old patch in half (sticky sides together) and place in a garbage that young children and/or pets are unable to access; the small amount of nicotine left in the patch can be very harmful to them
7. Wash hands in water (do not use soap) after patch application
8. Switch the patch location each day (do not repeat locations for two to three days) to reduce irritation from the patch adhesive

• The outside of your upper arms tend to have less hair, so it works well as a patch application site
• Oil on your skin will prevent the patch from sticking properly; avoid using lotions or moisturizers on the skin where patch is applied

For more information see product leaflet

Help is available at smokershelpline.ca and by phone 1-877-513-5333

YOUR QUIT SMOKING PLAN

List the reasons why you want to quit:
- Relationship(s)
- Health
- Stigma
- Money
- Harming others with second hand smoke
- Other:

Understand why you smoke:
- Social
- Stress
- Boredom
- Other:

Become aware of your triggers:
- When you wake up
- Others who smoke
- Certain activities (e.g. driving, drinking alcohol)
- Coffee
- Stress
- Other:

Deal with triggers. Start with small steps:
- Make home/car smoke-free
- Avoid settings with smoking
- Change routines (e.g. drink tea instead of coffee)
- Drink cold water as an alternative
- Talk with someone for support

Set a quit date:
My quit date is:

Help is available:
- Talk to your health care provider about quitting smoking
- Consider quit smoking medications to manage withdrawal
- Use tools and support to help you quit

Contact Hamilton Public Health Services for a list of quit smoking programs
905-540-5566 ext. 1

Adapted with permission from York Region Public Health
Before using Nicotine Replacement Therapy (NRT), speak to your health care provider if you:

- Have/had heart, thyroid, circulation or stomach problems, stroke or high blood pressure
- Are pregnant or breastfeeding
- Are currently taking the medications Champix (also called Chantix or varenicline) or Zyban (also called Wellbutrin or bupropion)

While taking NRT, tell your health care provider if you experience:

- An allergic reaction
- Any of the signs of too much nicotine, including nausea, vomiting, excessive sweating, dizziness, tremors, confusion, weakness, racing heart, or light-headedness
- Localized skin irritation

This is a reaction to the adhesive on the patch. This is a reaction to the adhesive on the patch site. Talk to your pharmacist about anti-allergy creams that may help relieve this effect.

This effect often disappears. If the sleeping problems still bother you after a few days, take the patch off one to two hours before bed. Be prepared to wake up in withdrawal and have strategies to manage this effect.

Nicotine patches are used to treat nicotine withdrawal symptoms when quitting smoking. Nicotine patches replace some of the nicotine from cigarettes with a low, continuous and steady dose of clean nicotine. Nicotine patches are used to treat nicotine withdrawal symptoms when quitting smoking. Nicotine patches replace some of the nicotine from cigarettes with a low, continuous and steady dose of clean nicotine. Nicotine patches are used to treat nicotine withdrawal symptoms when quitting smoking. Nicotine patches replace some of the nicotine from cigarettes with a low, continuous and steady dose of clean nicotine.