

Nicotine Replacement Therapy

Patches

- Do not smoke or vape while using the patch
- Apply one patch every 24 hours
- Rotate location (upper chest, upper arm, shoulder, back, or inner arm)
- Do not apply patch to same site for at least 1 week

Step 1

**21 mg
for
4 weeks**

Step 2

**14 mg
for
2 weeks**

Step 3

**7 mg
for
2 weeks**

Gum

- It is not recommended that you smoke or vape while using the gum
- Use when you experience strong cravings or to replace a cigarette
- Do not eat or drink 15 minutes before or while using nicotine gum

Chew

**Until you
experience a
peppery taste or
tingling mouth**

Rest

**Place gum
between your
cheek and gum
(place in different areas
each time)**

Chew

**Repeat process
until the nicotine is
gone, approx. 30
minutes**

**SCAN QR CODE FOR
STUDY INSTRUCTIONS
AND HANDOUTS**

