Nicotine Patch Instructions

Nicotine patches provide nicotine to your body. They work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms, including nicotine craving. The nicotine patch allows you to gradually reduce your body's need for nicotine. Because the nicotine patch does not contain the carcinogens or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. Read all the instructions below before using the nicotine patch. Refer to them often to make sure you're using the patch correctly.

General Instructions

1. Stop smoking completely on the day you begin using nicotine patches.

2. Try not to smoke while wearing the patch. Smoking while using the patch might cause you to feel slightly dizzy and nauseated.

3. Always put the patch on first thing in the morning, as soon as you wake up. Remove the used patch and put on a new patch at the same time every day.

4. If you have vivid dreams or other sleep disturbances from wearing the patch, you may remove it at bedtime. If you choose to sleep with it on, be sure to remove it every day when you put on your new patch.

5. Dispose of used patches by folding the sticky ends together and placing them in the garbage. Used patches have enough nicotine to poison children and pets so use care in throwing them away.

6. Do not leave on the same nicotine patch for more than 24 hours because it may irritate your skin.

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How to Apply the Nicotine Patch to Your Skin

Do not remove the nicotine patch from its sealed protective pouch until you are ready to use it. Patches will lose nicotine to the air if you store them out of the pouch.

1. Choose a **hairless, clean and dry area of skin**.

2. Do not put the nicotine patch on skin that is burned, broken out, cut or irritated in any way.

3. Make sure your **skin is free of lotion and soap** before applying a patch.

4. A clear liner covers the sticky back side of the nicotine patch. The sticky side will go against your skin. The liner has a slit down the middle to help you remove it from the patch.

5. **Pull half the liner away** from the nicotine patch. Try not to touch the sticky side of the patch. Hold the patch at the outside edges.

6. Pull off the other half of the clear liner and **immediately apply the sticky side** of the patch to your skin.

7. Press the patch firmly on your skin with the heel of your hand **for at least 10 seconds.** Make sure the patch sticks to your skin, especially around the edges.

8. **Wash your hands** when you have finished applying the nicotine patch. Nicotine on your hands could get into your eyes and nose and cause stinging or redness.

9. **Tomorrow, choose a different place** on your skin to apply the next nicotine patch.

10. To dispose of the nicotine patch, fold the patch in half with the sticky sides together. Throw the patch away in a safe location.

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