

Nicotine Gum

There are three strengths available ie. 2mg, 4mg and 6mg and in a variety of flavours. You should use the 4mg strength if you smoke 20 or more cigarettes a day. You need about 12 - 15 pieces of gum per day to start with (about one per hour).

To release the nicotine, chew the gum slowly until the taste is strong. Then rest it between the cheek and the gum to allow absorption of nicotine into the bloodstream.

Chew the gum again when the taste fades and rest it again when the taste is strong, etc. Use a fresh piece of gum after about an hour.

Nicotine QuickMist Mouthspray

QuickMist spray is a unique form of Nicotine Replacement Therapy (NRT), an instant release mouth spray that gets to work on cravings in 60 seconds.

The new mouth spray format is the first of its kind, and exclusive from NICORETTE®.

Use one spray when you would normally smoke a cigarette or when having a craving to smoke.

If your craving does not disappear within a few minutes use a second spray. It can be used every 30 minutes to 1 hour. The maximum dose is 4 sprays per hour and 64 sprays per day.

It is easy to use, discreet and convenient - perfect for tackling those nasty nicotine cravings on the go.

Champix

Smokers develop nicotine receptors in the brain which release a feel good chemical called dopamine when they smoke. Champix works by blocking some of the nicotine receptors which causes less nicotine to be absorbed and therefore reduces the craving for nicotine. At the same time Champix triggers the release of dopamine to compensate and the smoker gets some feeling of satisfaction but with less nicotine. The course of treatment lasts for 12 weeks.

How to get your NRT

All these treatments are available free on prescription and can be obtained from either your GP or your local chemist if they provide a stop smoking service.

For further information please contact:
smoking.cessation@setrust.hscni.net

South Eastern HSC Trust Stop Smoking Service

Downe & Lagan Valley Hospital
Tel: 07725 218 345

Ulster, Bangor & Ards Hospital
Tel: (028) 9041 3855

Nicotine Replacement Therapy



What is Nicotine Therapy (NRT)?

NRT is a way of getting nicotine into the bloodstream without smoking. There are various forms of NRT including nicotine gums, patches, inhalers, tablets, lozenges, and sprays. These are all available on prescription from your GP or local chemist and can also be bought from most supermarkets.

How does NRT work?

NRT stops or reduces the symptoms of nicotine withdrawal. This helps you to stop smoking but without having unpleasant withdrawal symptoms such as restlessness, increased appetite, inability to concentrate, irritability, dizziness, constipation, nicotine craving, or just feeling awful.

These symptoms begin within a few hours after having the last cigarette. If they are not relieved by the next cigarette, withdrawal symptoms get worse.

NRT does not 'make' you stop smoking. You still need determination to succeed in breaking the smoking habit.

Dual therapy

We know that quitting is tough. If you are a heavy smoker or have tried to quit with just one NRT product before, then two products (for example using a NRT patch for continuous support is used with another intermittent product such as the inhaler to help with cravings as they occur) may increase your chances of success.

Nicotine Patches

A patch is stuck onto the skin and releases nicotine into the bloodstream. Some patches last 16 hours, which you wear only when you are awake. Other types last 24 hours, and you wear these the whole time. The 24 hour patch may disturb sleep, but is thought to help with early morning craving for nicotine. Patches are discreet and easy to apply.

The patches come in different strengths. The manufacturers normally recommend that you gradually reduce the strength of the patch over time before stopping completely. Normal duration for use of the patches is 12 weeks.

Skin irritation beneath the patch occurs in some users.

Nicotine Inhalator

This resembles a cigarette. Nicotine cartridges are inserted into it and inhaled in an action similar to smoking.

Each 15mg cartridge lasts for about 40 minutes of intense use before it will need replacing. It is up to you how you use each cartridge.

For example you could use it for 10 minutes when you wake up, and then for six 5 minute sessions later in the day. Once the cartridge is used up it will need replacing.

The number of cartridges you use each day will depend on how much you smoke,

what strength your cigarettes are and if you are cutting down or completely quitting smoking. You should not use more than 6 - 15mg cartridges per day.

At the 8 weeks point you should gradually reduce the amount of cartridges over the next four weeks.

Nicotine Sublingual Tablets

You dissolve these under the tongue (they are not swallowed). Nicotine is absorbed through the mouth into the bloodstream.

Nicotine Lozenges/Mini Lozenges

The lozenges come in 1, 2 and 4mg strengths and in a variety of flavours including mint and cherry. These are sucked not chewed. Nicotine is absorbed through the mouth into the bloodstream.

Nicotine Nasal Spray

The nicotine in the spray is rapidly absorbed into the bloodstream from the nose. This form of NRT most closely mimics the rapid increase in nicotine level that you get from smoking cigarettes. This may help to relieve sudden surges of craving.

Side-effects such as nose and throat irritation, coughing, and watering eyes occur in about 1 in 3 users.

As the nasal spray may cause sneezing and watering eyes for a short time after use, do not use it whilst driving.