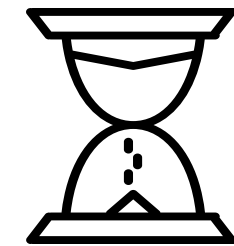


Suggested Use of Nicotine Patch

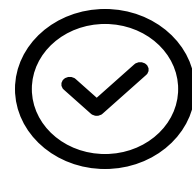
The patch is easy to use! The patch will give you a steady dose of nicotine throughout the day. Put it on in the morning and replace it the next morning on a different part of your body.



The patch works best when placed on skin that is:



Clean



Dry



Hairless

Suggested locations to use the patch: torso, upper arms, back and shoulders



Common Side Effects of the Nicotine Patch



Mild skin itchiness

You can use 1% hydrocortisone cream or ointment if this happens. Be sure to rotate the placement of the patch every time you change it.

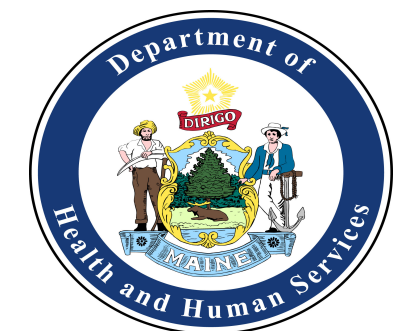
Vivid dreams

Some people experience vivid dreams while wearing the patch overnight. If that happens and you do not like it, take the patch off at night and put on a new one in the morning in a different spot.

If a rash develops that is larger than the size of the patch, this could be a more serious allergic reaction. Stop using the patch and contact a healthcare provider.

1-800-207-1230

MAINE TOBACCO HELPLINE



Frequently Asked Questions

- **Can I cut the patch?**

Cutting the patch interferes with the way the nicotine is released - allowing too much to be released too quickly as well as allowing the nicotine to leak out on the skin. Cutting the patch is not recommended.

- **Can the patch get wet?**

Water won't harm the patch. You can shower, bathe, or swim for short periods of time while wearing it.

- **Where can I access more gum, lozenges and/or patches?**

We encourage you to get more if you want. You may qualify for 8 weeks FREE through the Maine Tobacco Helpline!* All three can also be purchased over-the-counter at any drug or grocery store.

- **What about other medications to help me quit?**

There are still other medications to consider too, and you should consult with your health care provider about them: nicotine nasal spray, nicotine inhaler, bupropion (Zyban), or varenicline (Chantix).

- **Can I use more than one of these medications at the same time?**

You can use these medications separately or at the same time. If you do use them at the same time, this is safe as long as you cut back smoking. The most common signs of getting too much nicotine are headaches and dizziness. If you experience either of these, use only one medication at a time. Experts often recommend the combination of nicotine replacement therapy, like lozenges and patches. They can be even more effective when combined with counseling for quitting smoking, like from the Maine Tobacco Helpline.

Important: Keep all medications out of reach from children and pets.

For more information visit: www.TheQuitLink.com

* If you have MaineCare, you can use your benefit to get more than 8 weeks of Nicotine Replacement Therapy (NRT) for free. Talk to your doctor or the Maine Tobacco Helpline about any questions you have regarding your NRT qualification.