

Nicotine patches, a form of FDA-approved nicotine replacement therapy (NRT), will help reduce withdrawal symptoms so you can quit tobacco.¹ Patches provide a steady and small amount of nicotine to your body when applied to the skin. Withdrawal symptoms occur while your brain and body adjust to reduced nicotine levels.² Examples of withdrawal symptoms include urges to smoke, feeling irritated, restless or upset, and having trouble concentrating or sleeping.²

How to Use Nicotine Patches

- Use a new patch every day. Your patch should be applied on your upper body, such as the upper or lower back, arms or shoulders.
- Apply your patch on a different area and side of your upper body every day to avoid skin irritation.
- Press the patch down firmly to make sure it sticks to your skin.
- Patches are a form of long-acting NRT that when used in combination with short-acting NRT, including gum and lozenges, can be even more effective in reducing withdrawal symptoms.

Tips for Success

- Apply patch to a clean, dry spot. Avoid spots with lots of hair if you can.
- Nicotine patches can be worn for 24 hours, even while bathing or showering.³
- Nicotine patches come in three different doses: 7 milligram (mg), 14 mg, and 21 mg.
 - The dose you need depends on your current tobacco use.³
 - Talk to a health care provider or pharmacist to get your dose right.
 - Lower your dose strength after 8-12 weeks.

Potential Side Effects

- Skin redness, irritation or itchiness near placement of the patch, abnormal dreams, insomnia and headaches are common side effects you might experience while using nicotine patches.
- Let your health care provider know if you experience any symptoms.
- If you have trouble sleeping or experience vivid dreams, remove your patch 1-2 hours before bed and apply a new patch when you wake the next day.



References:

- 1) Medline Plus. Nicotine Transdermal Patch. Updated October 15, 2015. Accessed May 14, 2023. <https://medlineplus.gov/druginfo/meds/a601084.html>
- 2) Centers for Disease Control and Prevention. 7 Common Withdrawal Symptoms. Updated December 12, 2022. Accessed May 14, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/index.html>
- 3) Centers for Disease Control and Prevention. How to Use Nicotine Patches. Updated November 28, 2022. Accessed May 14, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/how-to-use-quit-smoking-medicines/how-to-use-a-nicotine-patch.html>
- 4) Centers for Disease Control and Prevention. Image. Updated November 28, 2022. Accessed May 14, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/how-to-use-quit-smoking-medicines/how-to-use-a-nicotine-patch.html>

KEY POINTS

- **Nicotine patches will help you quit tobacco.**
- **Nicotine patches come in different doses. The dose you need is based on how much tobacco you currently use.**