

Nicotine Patch for Quitting Tobacco

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Nicotine patches, a form of FDA-approved nicotine replacement therapy, or 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

If you need help accessing or understanding this information, contact TobaccoVT@Vermont.gov.

How to Use a Nicotine Patch



- 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
- 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.



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Potential Side Effects, continued

- 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.

802Quits Can Help You Quit Tobacco and Nicotine

- Get FREE quit support by phone, text, online or small group workshop:
 - 1-800-QUIT-NOW ([1-800-784-8669](tel:1-800-784-8669))
 - Text Start to 300500
 - 802Quits.org
 - Visit MyHealthyVT.org to find a quit workshop.
- Get FREE nicotine replacement lozenges, gum or patches delivered right to your home.
- Customize a quit plan that works for you!
- Earn up to \$250 in cash rewards for completing coaching calls. Some conditions apply.

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>