

WHAT	WHO <b>SHOULDN'T</b> USE IT	WHAT IT DOES	WHAT THE SIDE EFFECTS ARE	HOW TO USE IT	HOW LONG DO YOU TAKE IT
<b>Nicotine Patch</b>	Children under 12. Allergic to sticking plaster or have had a severe skin reaction to it in the past (redness under the skin is normal). OK for pregnant and breastfeeding women but discuss risks and benefits and advise to remove patch over night.	Replaces some of the nicotine otherwise have gotten from tobacco smoke. Helps to reduce cravings, making quitting easier.	Skin often gets a bit red. Skin can get itchy. Some people have a slight ache in the arm.	High dose used to start with. Medium and low dose used near the end of treatment. Stick on dry smooth skin. Different spot each day. Hold for 10-20 seconds to make sure it sticks.	About 8 weeks for high dose, then 4 more weeks for medium or low dose.
<b>Nicotine Gum</b>	Children under 12. Using false teeth (dentures). OK for pregnant and breastfeeding women, but discuss risks and benefits.	Replaces some of the nicotine otherwise have gotten from tobacco smoke. Helps to reduce cravings, making quitting easier.	Bad taste. Irritation to the mouth and throat, advise people that they will get used to this. If swallowing too much, people get hiccups and heartburn. If this occurs check if they are using it correctly.	4 mg gum for those who smoke within 60 minutes of waking. 2 mg gum for those who smoke after 60 minutes of waking. One piece an hour, on the hour, every hour. Chew until you taste a hot, peppery flavour. Park between cheek and gums. When the taste fades, chew again, park. Repeat for 30 minutes or so. Avoid eating and drinking during use.	8 to 12 weeks
<b>Nicotine Mouth Spray</b>	Children under 12. OK for pregnant and breastfeeding women, but discuss risks and benefits.	Replaces some of the nicotine otherwise have gotten from tobacco smoke. Helps to reduce cravings, making quitting easier.	Slight irritation of the mouth and throat. If swallowing too much people get hiccups and heartburn. If this occurs check if they are using it correctly.	1 mg per spray – use 1 or 2 sprays every 30 minutes. Can use 4 sprays per hour. Spray it in the air on first use to get a fine mist. Point in open mouth towards cheek – not towards the back of throat. Spray and DON'T inhale at same time. Wait a minute or so before swallowing.	8 to 12 weeks
<b>Nicotine Lozenge</b>	Children under 12. OK for pregnant and breastfeeding women, but discuss risks and benefits.	Replaces some of the nicotine otherwise have gotten from tobacco smoke. Helps to reduce cravings, making quitting easier.	Bad taste. Irritation to the mouth/throat. If swallowing too much people get hiccups and heartburn. If this occurs check if they are using it correctly.	2 mg if smoking within 60 minutes of waking. 1 mg if smoking after 60 minutes of waking (can increase to 2 mg if not enough). One piece an hour, on the hour, every hour. Suck until you taste a hot, peppery flavour. Park between cheek and gums. When the taste fades, suck again, park. Repeat for 30 minutes or so. Avoid eating or drinking during use.	8 to 12 weeks
<b>Nicotine Inhalator</b>	Children under 12. OK for pregnant and breastfeeding women, but discuss risks and benefits.	Replaces some of the nicotine otherwise have gotten from tobacco smoke. Helps to reduce cravings, making quitting easier.	Slight irritation of the mouth and throat and a cough.	15 mg cartridge. Use 3 to 6 cartridges a day. Use for 20 minutes each hour. Keep the inhalator warm on cold days. Nothing goes into the lungs!	8 to 12 weeks

WHAT	WHO <b>SHOULDN'T</b> USE IT People who are:	WHAT IT DOES	WHAT THE SIDE EFFECTS ARE	HOW TO USE IT	WHO GIVES IT	HOW LONG DO YOU TAKE IT
<b>Zyban pills</b>  Bupropion  (Anti-depressant medication)	Pregnant or breastfeeding. Less than 18 years old. Have had an eating disorder. Allergic to it. If taking Monoamine Oxidase Inhibitors (MAOI) within 14 days. Have had seizures. Have central nervous system tumour. Are quitting alcohol or sleeping pills at the same time. Take caution if you have liver or kidney disease.	It reduces the urge to smoke and other withdrawal symptoms.	Dry mouth Insomnia Headache Rash Seizure has been rarely reported. The risk of seizure (1 in 1000 people) is similar to other antidepressants.	150 mg tablet as the doctor prescribes.  Start at least 1 week before quitting.  One pill on Day 1, Day 2, Day 3. Then one pill twice daily with an 8 hour gap in between.	GP will give prescription and info about how to take it.  Fully funded.	7 to 12 weeks
<b>Norpress pills</b>  Nortriptyline  (Anti-depressant medication)	Pregnant or breastfeeding. Less than 18 years old. Have had a recent heart attack. Allergic to it. Have taken Monoamine Oxidase Inhibitors (MAOI) within 14 days.	It reduces the urge to smoke and other withdrawal symptoms.	Drowsiness. Dry mouth. Constipation.	Start 2 to 4 weeks before you quit. 25 mg pill. One pill per day to start then increase to 3 or 4 per day.	GP will give prescription and info about how to take it. Fully funded.	12 weeks
<b>Champix pills</b>  Varenicline	Less than 18 years old. Pregnant. Breastfeeding. Allergic to it.	It reduces the urge to smoke and other withdrawal symptoms.  Reduces reward from smoking.	Nausea. Headache. Insomnia. Vivid dreams.	Start 1 week before quitting with 0.5 mg for three days. Then 0.5 mg twice daily for 4 days. Then 1 mg twice daily.	GP (as above). Fully funded if you've tried NRT twice or tried Zyban or Nortriptyline.	Can take for 12 weeks and then for another 12 weeks if needed (only the first 12 weeks is funded).
<b>NICOTINE WITHDRAWAL SYMPTOMS</b>			<b>NOT RELATED TO NICOTINE WITHDRAWAL</b>			
Depressed mood Sleep disturbances Irritability Difficulty concentrating Restlessness		Increased appetite and increased weight Constipation Mouth ulcers Light headedness Urges to smoke	Headache    Sweating Chest pain    Palpitations Blurred vision    Tremor Decreased sense of smell    Fatigue Skin rash			