

# Knowledge, Motivation, Coping skills

## Can the nicotine patch\* help me quit smoking?

\*Chargeable service at UNH Health Services

The patch helps relieve nicotine withdrawal symptoms by providing a steady dosage of nicotine throughout the day. It reduces the craving or urge to smoke because it replaces the nicotine the smoker was getting from cigarettes.

### How do you use the nicotine patch?

1. Quit smoking.

Using the patch while smoking could result in a tobacco overdose.

The patch must be kept sealed until you are ready to wear it.

2. Apply the patch to a hairless part of the upper body every morning.

Remove the old patch before putting on a new one.

Rotate sites every time to avoid skin irritation.

Do not go back to the same site for seven days.

3. Gradually wean yourself off of nicotine by decreasing the dose.

### Success rate for the nicotine patch

Success rates vary. The patch is meant to help to lessen nicotine withdrawal symptoms. It should only be a PART of what you do to quit smoking. You will also need knowledge, motivation, and coping skills to quit for good.

### Can I get hooked on the patch?

Not if you use it properly. The patch is used to keep a steady amount of nicotine in your system throughout the day, similar to the way nicotine is provided by smoking.

### What are the side effects?

Skin irritation, rash (at site of patch)

Notify your practitioner if you have redness after four days

or if you have skin swelling or a rash.

Difficulty sleeping

### Less common side effects

diarrhea, nausea

nervousness, rapid heart beat,

aching muscles and joints

## REMINDER:

\*Always use the nicotine patch  
under medical supervision.

\*Do not share with friends  
or use patches prescribed for another person.

\*Dispose of the patch carefully!  
Keep the nicotine patch away from the reach of children and pets,  
because nicotine is toxic to small children and animals.