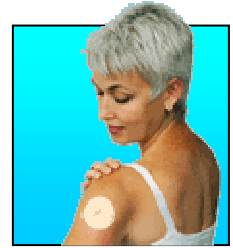




Using The Nicotine Patch:

Description/Availability:

The nicotine patch is available over the counter and in prescription form. Find out if your insurance will reimburse you for the prescription patch.



- Nicoderm CQ and Nicotrol available over the counter.
- Habitrol and ProStep – available by prescription only.
- Generic patches are also available, often at lower costs.
- The recommended duration of use is eight to ten weeks.

How Do I Take This Medication:

- You must stop smoking before using the patch!
- Nicoderm CQ and Habitrol: Dosage starts at 21 mg per day for 4 weeks, Then 14 mg per day for 2 weeks, then 7 mg per day for 2 weeks.
- Nicotrol: Dosage starts at 15 mg/16 hours for 4 weeks, then 10 mg/16hours for 2 weeks, then 5 mg/16 hours for 2 weeks.
- Prostep: Dosage starts at 22 mg per day for 4 weeks, then 11 mg per day for 4 weeks.
- Patch should be applied immediately upon waking on your quit date. At the start of each day, place a new patch onto a relatively hairless area on the skin, anywhere between your neck and waist.
- Patches are to be applied once a day. The 24patch can be removed at night if sleep disturbance is a problem. Alternatively, you could use the 16hour patch.

Precautions/Contraindications:

- *Pregnancy* Pregnant smokers should first be encouraged to quit without pharmacologic treatment. The Nicotine Patch should be used during pregnancy only if the likelihood of smoking abstinence, with its potential benefits, outweighs the risk of nicotine replacement and potential concomitant smoking. Similar factor should be considered in lactating women. Talk to your doctor.
- *Cardiovascular Disease* – Nicotine replacement therapy is not an independent risk factor for acute myocardial events. Nicotine replacement therapy should be used with caution among particular cardiovascular patient groups: those in the immediate (within 2 weeks) post heart attack period, those with serious heart arrhythmias, and those with serious or worsening angina.
- The patch should be used with caution in patients with psoriasis, dermatitis (atopic or eczematous), active peptic ulcers, severe renal impairment, accelerated hypertension, hyperthyroidism, pheochromocytoma, or insulindependent diabetes mellitus.

Side Effects:

Up to 50% of patients using the patch will develop a rash (1% hydrocortisone cream can be used to treat the rash). Rotating the patch site location on your body daily will also help prevent a rash.

Insomnia

Approximate Costs: \$120 per month