

The Nicotine Patch

The nicotine patch will help you manage your nicotine withdrawal and cravings. **Using the patch makes it easier to reduce or quit smoking. It's never too late.**

Quitting smoking can:

- ✓ Make your cancer treatments work better
- ✓ Reduce your side effects
- ✓ Improve your healing and overall health



The patch is safe to use during all cancer treatments.

Where can I get the nicotine patch and other quit smoking medications?

- The Cancer Centre pharmacy.
- Most drug stores. You can buy the patch without a prescription.
- Ask your doctor or pharmacist.

What is the cost?

- Some doctor's offices will provide no-cost patches.
- Your doctor or pharmacist may prescribe pills to quit smoking (Zyban or Champix) at no cost if you are on the Ontario Drug Benefit (ODB) plan.
- Check your health insurance plan or workplace plan.
- Call the Smokers' Helpline 1-877-513-5333 and ask where you can obtain nicotine replacement therapy.

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How do I use the nicotine patch?

The patch provides nicotine for 24 hours at a time. It may take up to 2 hours to start working.

The amount of nicotine in the patch is based on the amount you smoke. Your pharmacist or doctor can help you decide.

1. Put a fresh patch on a clean (no hair), dry area of your upper body (morning may be the best time).
2. Press the patch firmly on your dry, clean skin. Press hard around the edges so dirt and oils cannot get underneath.
3. After 24 hours, remove the old patch and throw it out in regular garbage, away from pets and children.
4. Apply the new patch to a different spot.

What are the side effects of the Nicotine Patch?

The most common side effects:

- Minor irritation, rash, redness, itchiness at the place of the patch on your skin.
- You may experience sleep disturbances.

For more information

Go to the website www.smokershelpline.ca
or call 1-877-513-5333

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