

HEALTH NEWS VOL. 6

HOW TO USE NICOTINE PATCHES

How to use the Nicotine Patch:

1. Take a fresh patch out of its packaging and remove the protective liner from the adhesive. Save the wrapper for later disposal of the used patch.
 2. Stick the patch onto your outer upper arm or any clean, dry, non-hairy part of your torso. Make sure you have no lotions or oils on that part of your body where you place the patch.
 3. **Press the patch firmly onto your skin for at least 10 seconds**, making sure that the edges are sticking well. *It will provide a steady stream of nicotine throughout the day.*
 4. **Wash your hands.** Any nicotine sticking to your hands could get into your eyes or nose, causing irritation.
1. **After 24 hours, remove that patch and apply a fresh patch to a different spot on your body.** To reduce the chances of irritation, do not return to a previously used spot for at least a week. If wearing the patch causes sleep disturbance, remove it before bedtime.
 2. Fold the used patch in half, place it back in its own wrapper, and **throw it in a trash container that cannot be reached by children or pets.**

NOTES TO KEEP IN MIND

- **Water will not harm the nicotine patch.** You may keep wearing your patch while bathing, showering, swimming, or using a hot tub. If your patch does fall off, dispose of it carefully and apply a new patch.
- As a memory aid, pick a specific time of day and always apply a fresh patch at that time. You may change the schedule if you need to. Just remember not to wear any single patch for more than the recommended time (24 hours), since after that time the patch will begin to lose strength and may begin to irritate your skin.
- Do not attempt to adjust your dosage by cutting a patch in pieces.
- **If you miss a dose:** Apply the patch as soon as you remember. Do not use 2 patches at once unless instructed to by your doctor.
- Start using the nicotine patch on the morning of your "quit day."
- Remove the patch before bedtime if it is causing difficulty sleeping.

