

NICOTINE PATCH 21 mg, 14 mg, 7 mg

Medication together with behavioral counseling gives you the best chance of quitting tobacco.

WHAT DOES THIS MEDICATION DO?

The patch will release small but continuous amounts of nicotine into the body through the skin to help decrease withdrawal symptoms. Participating in behavioral counseling while using this medication will increase your likelihood of staying tobacco-free.

HOW DO I USE IT?

- Begin using the patch on your quit date.
- Each day, apply one new patch when you wake up. Make sure the old patch is removed before applying a new patch.
- Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest, or back.
- Press patch firmly in place for 10 seconds so it will stick well to your skin.
- You can bathe, shower, and swim while wearing the patch.
- Avoid wearing the patch on the same area more than once a week.
- Based on your nicotine dependence level, you will typically start with 21 mg or 14 mg patches and may use the same strength for 1-2 months before stepping down to a lower dose.
- Fold the used patch in half with the sticky sides together and throw it in the regular trash, away from children or pets.
- If you slip up and use tobacco while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco. Call your VA provider, the **1-855-QUIT-VET** tobacco quitline (**1-855-784-8838**), or attend a tobacco cessation group to help you get back on track.

WHAT ARE THE POSSIBLE SIDE EFFECTS?

- May cause minor burning, itching or redness of skin. To reduce the risk of this problem, avoid using the patch on the same area within one week.
- If you have skin irritation for more than four days or if you have severe burning or hives, remove the patch and stop using it. Contact your healthcare provider right away.*
- Sleep problems or vivid dreams may occur. If so, remove the patch before going to sleep.

*Some people may be allergic to the adhesive material used in the patch.

If you are in crisis, call: 988 or 1-800-273-TALK and press 1 to talk to someone now.