

Pick Your Starting Patch Based On Your Cigarette Usage

One cigarette delivers 1-2 mg of nicotine

10 OR MORE CIGARETTES/DAY	WEEKS 1-6	WEEKS 7 & 8	WEEKS 9 & 10	WEEKS 11+
<10 CIGARETTES/DAY		WEEKS 1-6	WEEKS 7 & 8	WEEKS 9+
NICODERM® Patch	STEP 1 21 mg	STEP 2 14 mg	STEP 3 7 mg	In case strong cravings return: Started on Step 1? Talk to your doctor about remaining on Step 3 for weeks 11+. Started on Step 2? Stay on Step 3 for an additional 2 weeks, if needed.
	+	+	+	
NICODERM® QuickMist®	1 spray every 1-2 hours as needed			NICORETTE® oral formats can be used as required after the discontinuation of NICODERM® Patch.
	OR	OR	OR	
NICORETTE® Gum	1 piece of gum every 1-2 hours as needed			NICORETTE® oral formats can be used as required after the discontinuation of NICODERM® Patch.
	OR	OR	OR	
NICORETTE® Lozenge	1 lozenge every 1-2 hours as needed			NICORETTE® oral formats can be used as required after the discontinuation of NICODERM® Patch.
	OR	OR	OR	
NICORETTE® Inhaler	Use as needed. 1 cartridge = 20 minutes of puffing			NICORETTE® oral formats can be used as required after the discontinuation of NICODERM® Patch.

NICORETTE® and NICODERM® are the first and only brands in Canada authorized for use in combination.

MAXIMUM DOSES: Patients should not exceed 1 patch daily, 2 sprays at a time/4 sprays per hour/64 sprays per day, 20 pieces of gum, 15 lozenges or 12 cartridges per day. See product inserts for more information.

Titrating combination therapy

- Use starting NRT patch dose **for 6 weeks** and **reduce dose by 7 mg every 2 weeks** thereafter
- If strong cravings return when attempting downward titration, **consider remaining at the higher dose for longer**
- NRT can be used for **10-12 weeks or longer**, if necessary

Gum, lozenge, inhaler or spray **can be used after discontinuation of patch**, as required.