

Quitting Products

It is important to discuss your options with your doctor, pharmacist or health practitioner. Use of these products may require careful consideration for people with mental health conditions and other health conditions, such as heart or circulatory disease, for people who have recently suffered a stroke, or for pregnant and breastfeeding women.

Product	What it does	Advantages	Considerations
Nicotine Gum	Nicotine gum is absorbed through the lining of your mouth. It should be chewed slowly, then rested for one minute under the tongue or between the cheek and teeth. Each piece should be chewed for 30 minutes and used at regular intervals. Gum is available in 2mg and 4mg to be used according to level of dependence. Dose should be gradually reduced over the course of treatment.	<ul style="list-style-type: none"> • Easy to regulate dose. • Convenient to use. • Different flavours are available. 	<ul style="list-style-type: none"> • Care must be taken to ensure no traces of food or drink are in the mouth. • Possible side effects include sore mouth and jaw, headache, hiccups, mouth ulcers, indigestion and nausea can occur. • Not suitable for people with dentures.
Nicotine Patch	The nicotine patch works by slowly releasing a constant dose of nicotine. Once smoking has ceased apply the patch to a dry, non-hair covered part of your skin. Place a new patch on a different site to avoid irritation. Use one patch per day, gradually decreasing the patch strength over the course of treatment. They are available as a 16-hour and 24-hour patch, with strengths from 5-21mg. The 16-hour patch is removed before going to bed so that no nicotine is being absorbed overnight.	<ul style="list-style-type: none"> • Easy to use and can provide a constant dose of nicotine. • Needs only one application per day. 	<ul style="list-style-type: none"> • May irritate skin. Avoid patches if you have a skin disorder. • 24-hour patches may disturb sleep. • Side effects may include headache, dizziness and nausea. • It is important that you don't smoke while wearing the patch.
Nicotine Inhaler	The inhaler consists of a cartridge (plastic tube sealed at both ends loaded with nicotine), which is inserted into a mouthpiece. On inhalation, nicotine is vapourised and absorbed in the mouth when air is drawn through it. The inhaler is used whenever an urge to smoke occurs. The nicotine supplied by each cartridge will last according to the intensity and number of puffs (inhalations). The dose is individual and depends on how much nicotine you need to reduce the withdrawal symptoms.	<ul style="list-style-type: none"> • Keeps your hands busy. • Easy to regulate dose. 	<ul style="list-style-type: none"> • May irritate throat and induce coughing. • Needs to be used at regular intervals.
Nicotine Lozenge	Sucking on the lozenge allows nicotine to be absorbed through the lining of the mouth. Allow the lozenge to dissolve completely in the mouth, this may take 20-30 minutes. Available in 2mg and 4mg strengths. The number of lozenges used per day is reduced over the treatment period.	<ul style="list-style-type: none"> • A palatable and discrete method of nicotine delivery. 	<ul style="list-style-type: none"> • Common side effects include hiccups, headache, insomnia, sore throat, nausea, mouth irritation, flatulence and indigestion.
Sublingual Tablet	This is a 2mg sublingual (under the tongue) tablet that dissolves and releases nicotine into the lining of the mouth. The tablet should be placed under the tongue and should not be sucked, chewed or swallowed. It should be used whenever there is an urge to smoke. Dose is reduced over the course of treatment.	<ul style="list-style-type: none"> • Easy to use. • Discrete. • Able to regulate the dose as required. 	<ul style="list-style-type: none"> • Taste initially may be unpleasant, but improves over time. • A side effect may be a sore throat.
Bupropion Hydrochloride (Zyban)	Zyban is an oral non-nicotine therapy to assist stopping smoking which reduces cravings and other symptoms of nicotine withdrawal. It requires a prescription from a General Practitioner as it may not be suitable for some people. When taking Zyban, smoking continues for the first week. However a quit date is set and smoking must cease within 2 weeks of the start date.	<ul style="list-style-type: none"> • Zyban can be taken with nicotine patches, providing smoking has ceased. 	<ul style="list-style-type: none"> • Zyban is only available on prescription and is not suitable for some people. • Possible side effects include headache, insomnia, dizziness, nausea, dry mouth, and anxiety. • Zyban should be used in conjunction with cessation support.