

CLEAN AIR FOR ALL

THE SMOKE-FREE PUBLIC HOUSING PROJECT

September 5, 2019

New Resource: Nicotine Replacement Therapy Handout for Residents

Are you ready to QUIT?

Quitting takes commitment, but it can be done! Talk to your health care team or pharmacist about what's right to help you quit smoking.

This information can help you and your health care team decide which medication might be best for you. A pharmacist can help, too. And you'll need to create a plan to deal with the social side and habit of smoking, such as a quit program. You can do it!

TYPES OF MEDICINES TO HELP YOU QUIT SMOKING

There are two main types of medicines to help you quit: **nicotine replacement therapies (NRT)** that can help with cravings, and **non-nicotine medications** that help cut down on your cravings. Be sure to read all instructions and talk to your pharmacist or health care provider so you know how to use your medicines and know about potential side effects.

Nicotine replacement therapies (NRT)

IMPORTANT: Talk to a health care provider or a pharmacist for help with using NRT. If you're using NRT, you have to use it regularly - not just when you feel like you need a cigarette.

NICOTINE LOZENGE
Available over the counter.

- Use up to 20 lozenges a day
- Do not suck or chew
- Don't eat or drink 15 minutes before you use it or while you have one in your mouth
- Let it dissolve slowly between your cheek and gum, which takes about 30 minutes

NICOTINE PATCH
Available over the counter.

- Wear it on the skin like a band-aid
- Put a new one on every day

NICOTINE NASAL SPRAY
Available by prescription only.

- Take a deep breath, spray once into each nostril, and breathe out through the mouth
- Typically used once or twice an hour, up to 40 times a day

NICOTINE GUM
Available over the counter.

- Use 1-2 pieces of gum each hour (up to 24 in a day)
- Do NOT just use when you feel cravings
- Do NOT chew it like regular gum
- Don't eat or drink for 15 minutes before using or while chewing the gum
- Chew it a few times, and when it tastes peppery, stop chewing and "park" it between your cheek and your gums. When the taste fades, take a few more chews then park it again. Repeat for 20 to 30 minutes
- If your cravings are really bad, talk to your health care team to see if you can use nicotine gum with other kinds of NRT

NICOTINE INHALER
Available by prescription only.

- Put the cartridge into the inhaler, then put the mouthpiece between your lips and tilt it slightly toward the roof of your mouth
- "Suck" it like a straw
- You can replace cartridge when nicotine taste is gone
- You can use up to 16 cartridges/day.

Visit cancer.org for more information, or call your state quitline at 1-800-QUIT-NOW for FREE counseling and more resources. Talk to your health care team or pharmacist to pick a quit date and get started.

Many public housing residents and staff have questions about nicotine replacement therapy (NRT) such as nicotine patches, gum, and lozenges. This [handout](#) from the American Cancer Society explains different types of NRT, cessation medications, and offers tips for quitting smoking.

Sharing this handout with public housing staff and residents is an easy way to help someone achieve their smoke-free goals. To find more cessation resources for smoke-free public housing, visit our [resource bank](#).

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Clean Air for All: The Smoke-Free Public Housing Project is a collaboration of [Live Smoke Free](#) (LSF) a program of the Association for Nonsmokers - Minnesota and the [National Association of Housing and Redevelopment Officials](#) (NAHRO). This project is made possible with funding from the Robert Wood Johnson Foundation.