

NRT Menu

Patch



1 week supply = 1 box of 7

Mouth Spray



1 week supply = 1-2 sprays

Nasal Spray



1 week supply = 1-2 sprays

Micro tab



1 week supply = 1 box of 105

Lozenge



1 week supply = 1 box of 96 (1mg)
1 box of 72 (2mg, 4mg)

Cools Lozenge



1 week supply = 1 x 80

Mini Lozenge



1 week supply = 2 x 60

Inhalator



1 week supply = 2 x 20 cartridges

Gum



1 week supply = 1 box of 96 or 105

*Offer **all** clients a patch + second product in combination*

Product	Use	Dose	Possible side effects
Patch Offers 'background' dose of nicotine, only needs one application per day, discreet	Put patch on clean, dry, non-tattooed non hairy skin. Put in different place everyday	One patch per day 16hr (either 25, 15, or 10mg) 24hr (either 21, 14, or 7mg) (For 1st use give high strength patch)	Skin irritation, disturbed sleep (24hr use) *Avoid 24hr use in pregnancy
+			
Nasal Spray Fast acting, quick to use	<i>"On the hour, every hour"</i> One spray to each nostril (one dose)	10mg/ml strength only One/two doses per hour Max. 32 doses in 16hrs	Nasal irritation, watering eyes, coughing, sneezing (these all become less severe with regular use)
Mouth Spray Fast acting, fresh taste, less irritation than nasal spray	<i>"On the hour, every hour"</i> One to two sprays (one dose) Spray in the cheek or under the tongue	1mg strength only One/two sprays every 30 mins to 1 hour Max. 64 sprays in 24hrs	Hiccups, nausea, dry mouth, burning lips *Contains a small amount of alcohol
Inhalator Hand-to-mouth action	Use regularly (ideally before cravings occur) Approx. 10-15mins of use = 1 cig Place cartridge in inhalator and suck on mouthpiece until nicotine tasted	15mg strength only Max. 6 cartridges per day. Use cartridge until no more taste (approx. 40min continuous use)	Cough/throat irritation *Warm before use i.e. warm between hands
Gum Easy to use, mint or fruit flavours	<i>"On the hour, every hour"</i> Chew until nicotine tasted, then rest between gum against the inside of cheek for several minutes Repeat until tasteless (approx. 20min)	6mg, 4mg, 2mg strengths Max. 15 pieces per day	DO NOT SWALLOW Hiccups/indigestion *Not recommended for denture wearers
Lozenge Easy to use	<i>"On the hour, every hour"</i> Allow 1 lozenge to dissolve, move from side to side and rest against inside of cheek	1mg, max. 30 per day 2mg, 4mg max. 15 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion, throat irritation
Mini Lozenge Easy to use, mint flavoured, discreet	<i>"On the hour, every hour"</i> Allow 1 lozenge to dissolve in mouth	1.5mg or 4mg, max. 15 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion
Cools Lozenge Easy to use, discreet	<i>"On the hour, every hour"</i> Allow 1 lozenge to dissolve in mouth	2mg or 4mg, max. 15 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion
Micro tab Small, discreet	<i>"On the hour, every hour"</i> Place 1 under tongue and allow to dissolve	2mg Max. 40 per day	DO NOT CHEW OR SWALLOW Hiccups/indigestion