

Nicotine Patch

The Nicotine Patch is one of the commonly used Nicotine Replacement Therapy (NRT) to help people stop using tobacco. It lessens cravings and withdrawal symptoms.

Tobacco use including smoke cigarettes/cigars/hookah, use E-cigarette/vaping, chew smokeless tobacco that can make people addicted to nicotine.

NRT can increase your chances of quitting. NRT also does not contain all the harmful and cancer-causing chemicals that are released while using tobacco products.

If you are under 18 years old, talk to your doctor before using any nicotine replacement product.



How to Use

1. Peel the patch off the protective film. Avoid touching the sticky side (That's where the nicotine is).
2. Place the sticky side down on the skin that is clean, dry, and hairless, above the waist and below the neck (for example your upper arm, upper back, or front of the shoulder, but not your armpit). Avoid any skin that might be cut or irritated. Flatten and smooth the patch to make sure it sticks.
3. Wash your hands after handling the patch to avoid transferring nicotine from your fingers to your eyes or nose.
4. Change the patch every 24 hours. Place each new patch on a new area of skin to avoid irritation. When discarding the patch, fold the sticky sides together and keep away from pets and children.
5. Continue using the patch for at least 12 weeks. Talk to your doctor or a certified tobacco treatment specialist if you still feel the need to smoke.

Side Effects

If you have side effects that bother you or don't go away, tell your doctor.

- **Headache/dizziness/nausea**
Symptoms of much nicotine. Reduce the dose or stop smoking/using tobacco.
- **Skin irritation or rash**
Place each new patch on a new area
- **Sleep disturbance**
If you experience vivid dreams or difficulty sleeping, you can try removing the patch 1 to 2 hours before you go to sleep.

Stop the nicotine patch and talk to your doctor if you have:

- **Severe skin irritation or change of skin color**
- **Severe chest pain/tightness**
- **Irregular heartbeats**
- **Severe nausea and vomiting**
- **Allergic to patch**

Need Help Quitting?

To get FREE quit smoking services and NRT, call the Charles B. Wang Community Health Center:

- (718) 661-6040 (Saturday – Wednesday 9:00 a.m. - 5:00 p.m.)
- (929) 362-3006 ext. 3309 (Monday – Friday 9:00 a.m. - 5:00 p.m.)

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CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line (212) 226-8339
Website www.cbwchc.org

268 Canal Street, New York, NY 10013
Internal Medicine (212) 379-6998
Obstetrics & Gynecology (OB/GYN) (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013
Pediatrics (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044
Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354
Internal Medicine (718) 886-1200
Obstetrics & Gynecology (OB/GYN) (718) 886-1287
Pediatrics (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355
Internal Medicine, Pediatrics, and Gynecology
(929) 362-3006

Health Education Department (212) 966-0461

Social Work Department
Manhattan (212) 226-1661
Queens (718) 886-1212

Need Health Insurance? We Can Help!
Manhattan (212) 226-8339
Queens (646) 899-0444