



Overview: Nicotine Replacement Therapy Products

Available through the Idaho Quitline (1-800-Quit-Now) or at www.projectfilter.org

Medication	Cautions/Warnings	Side Effects	Dosage	Use	Availability
Nicotine Gum (2mg or 4mg)	<ul style="list-style-type: none"> Use caution with dentures. Do not eat or drink 15 minutes before or during use. 	<ul style="list-style-type: none"> Mouth soreness Stomach ache 	<ul style="list-style-type: none"> If user smokes > 30 minutes after waking: 2mg If user smokes ≤ 30 minutes after waking: 4mg 1 piece every 1-2 hours 6-15 pieces per day 	<ul style="list-style-type: none"> Pre-quit: Use up to 6 months before quit date with smoking reduction. Post quit: Use up to 12 weeks, although it is safe in most cases for patient to use longer. 	OTC only: <ul style="list-style-type: none"> Generic Nicorette®
Nicotine Lozenge (2mg or 4mg)	Do not eat or drink 15 minutes before or during use. Use only one lozenge at a time. Limit: 20 in 24 hours	<ul style="list-style-type: none"> Hiccups Cough Heartburn 	<ul style="list-style-type: none"> If user smokes > 30 minutes after waking: 2mg If user smokes ≤ 30 minutes after waking: 4mg Weeks 1-6: 1 every 1-2 hours Weeks 7-9: 1 every 2-4 hours Weeks 10-12: 1 every 4-8 hours 	3 to 6 months	OTC only: <ul style="list-style-type: none"> Generic Commit®
Nicotine Patch (7mg, 14mg, or 21mg)	Do not use if you have severe eczema or psoriasis.	<ul style="list-style-type: none"> Local skin reaction Insomnia 	<ul style="list-style-type: none"> One patch per day If ≥ 10 cigarettes per day: <ul style="list-style-type: none"> Weeks 1-4: 21mg Weeks 5-8: 14mg Weeks 9-12: 7mg 	<ul style="list-style-type: none"> Pre-quit: Use up to 6 months before quit date with smoking reduction. Post-quit: Use up to 12 weeks, although it is safe in most cases for patients to use longer. 	OTC or by prescription: <ul style="list-style-type: none"> Generic Nicoderm CQ® Nicotrol®

- Table from: Treating Tobacco Use and Dependence: 2008 Update. US Department of Health and Human Services. Public Health Services. April 2009.
- Note: Subject to availability. Other eligibility requirements apply. Per-registrant NRT benefit period is 12 months.

Project Filter's Combination NRT Program

First Coaching Call

4 weeks of patches
AND
2 boxes of gum
or lozenges

Second Coaching Call

4 weeks of patches



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH