

Nicotine patches/gum or nicotine replacement therapy can be used to treat nicotine withdrawal and curb the craving to smoke. Talk to your doctor before taking this drug.

- If you have high blood sugar (diabetes), you will need to watch your blood sugar closely.
- If you have chest pain or pressure, a heartbeat that does not feel normal, or a recent heart attack.
- If you have phenylketonuria (PKU) talk with your doctor. Some products have phenylalanine.
- If you are on a low-sodium or sodium-free diet, talk with your doctor. Some of these products have sodium.
- This drug may cause harm to an unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.
- Gum chewing may cause problems with dental work.
- The patch may have metal. Take off the patch before an MRI
- If you have strange dreams or other trouble sleeping, take off the patch at bedtime

What are some side effects that I need to call my doctor right away?

- Signs of allergic reaction, like rash; hives; itching; red, swollen, blistering, or peeling skin with or without fever; wheezing; tightness in the chest or throat, trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of high blood pressure like very bad headache or dizziness, passing out, or change in eyesight.
- Mood changes, Feeling confused.
- Chest pain or pressure, a fast heartbeat, or abnormal heartbeat.
- A burning, numbness, or tingling feeling that is not normal.
- Upset stomach, throwing up, diarrhea.
- Dizziness, drooling, shakiness, feeling tired or weak, cold sweats, blurred eyesight, change in hearing
- Gum: sore throat, jaw pain

How is the drug taken?

Gum: Use right after opening. Do not swallow gum. Chew slowly until there is a tingling or peppery taste in the mouth. Then place between the cheek and gum. After the taste or tingle is gone, chew again slowly. Put between the cheek and gum at some other site once the taste or tingle comes back. Keep repeating this for about 30 minutes or until the taste or tingle is gone. Do not eat or drink within 15 minutes before using the gum or while you are using it. If needed, you may use a second piece within the hour. Do not use 1 piece right after the other.

Patch: Put patch on clean, dry, healthy skin on the chest, back, belly, or upper arm. Move the site with each new patch. Put patch on a site without hair. Wash your hands after use. Each patch can stay on for 16 to 24 hours. If you crave cigarettes when you wake up wear the patch for 24 hours. Do not leave on the skin for more than 24 hours. Do not put on more than 1 patch at a time. Do not use patches that are cute or do not look right.

***Ask your provider to print out more extended information if desired. Information is directly taking from Lexicomp Nicotine Replacement Therapy**

http://www.crlonline.com/lco/action/doc/retrieve/docid/pated_f/401224?cesid=5p3VEWhH8QM&searchUrl=%2Ffco%2Faction%2Fsearch%3Fq%3Dnicotine%252520patch%26t%3Dname%26va%3Dnicotine%252520patch