Quit smoking with nicotine replacement therapies

Free stop smoking support in Swale is available through the Quit smoking - Kent County Council service, delivered by Everyone Health Kent and local pharmacies. As a practice we will not routinely prescribed Nicotine Replacement Therapy (NRT) and advise patients to access support through the above schemes.

Quitting smoking can be hard, whether you smoke a lot or just occasionally.

Your body gets used to nicotine, so when you stop, you might get a strong urge to smoke or feel irritable, restless or crave a cigarette.

Quitting becomes much easier when you use stop-smoking products like nicotine replacement therapies (NRTs).

Understanding types of quit smoking products

There are many products you can use to help you quit smoking.

Some give your body doses of nicotine in a safer way. These are called nicotine products, which include nicotine vapes and nicotine replacement therapies (NRTs), like patches and gum.

Using NRTs is a great way to manage cravings and other withdrawal symptoms you might have when you quit.

Other products, like nicotine-free medicines block the effects of nicotine in your brain. Research shows that combining nicotine products with nicotine-free medicines gives you the best chance of quitting.

What are nicotine replacement therapies (NRTs)?

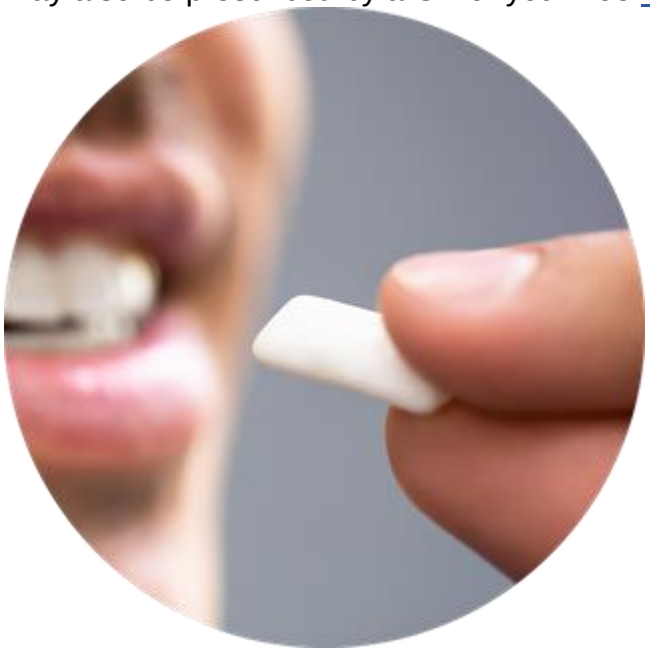
NRTs are products that give your body lower amounts of nicotine, but without the dangerous chemicals in cigarettes. You can get them as patches, gum, lozenges, inhalers or sprays.

They help you deal with cravings and withdrawal symptoms while you’re quitting smoking.

NRTs are the most widely used and well-established stop smoking products. They are safe, proven to work and can double your chances of quitting for good.

NRTs are most effective when you combine them with each other and with other stop smoking products, like nicotine-free medicines.

You can buy NRTs from pharmacies, supermarkets and some other shops. They may also be prescribed by a GP or your free local Stop Smoking Service.



Did you know?

While nicotine is a highly addictive drug, it does not contain toxic chemicals found in cigarettes, including tar and tobacco.

How to use NRTs

When choosing NRTs, using a combination of slow-acting and fast-acting products can give you the best results.

For steady support throughout the day, apply a nicotine patch. This is a slow-acting product that gradually releases nicotine into your system. To handle sudden cravings, use a fast-acting product like a spray, inhaler, gum, or lozenge for quick relief.

Use as many NRTs as you need to help you manage your cravings.

When you feel ready, you can reduce your dose gradually and eventually stop.

It's recommended that NRTs are used for about 12 weeks or for as long as they're needed to stop you from smoking again.



Types of NRTs

There are different types of NRT products to choose from, with some delivering nicotine slowly (slow-acting) and others acting quickly (fast-acting). Using a combination of slow-acting and fast-acting products can give you the best results. It's about finding the combination that works best for you.

Slow acting NRTs

Nicotine patches

These deliver a steady dose of nicotine through your skin. You can wear a 24-hour patch all the time, to help with cravings when you wake up, or a 16-hour patch for while you're awake. Patches come in different strengths. If you're a heavier smoker, you should start with a higher strength.

Nicotine patches are most effective when you use them with a faster-acting nicotine product (like gum or spray) to help with cravings.

Fast-acting NRTs

Nicotine gum

You chew the gum and then rest it on the inside of your cheek to deliver nicotine through the lining of your mouth and throat. Gum is available in different strengths and gives short bursts of nicotine fast.



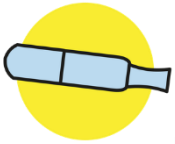
Nicotine lozenges

You suck a lozenge and then rest it inside your cheek to deliver nicotine through the lining of your mouth and throat. Lozenges come in different strengths and give short bursts of nicotine fast.



Nicotine microtabs

These are small tablets that dissolve quickly under your tongue to deliver nicotine through the lining of your mouth and throat.



Nicotine inhaler

This delivers nicotine through the lining of your mouth and throat. The inhaler mimics the "hand-to-mouth" habit of smoking. It works faster than gum and lozenges.