# Stop Smoking Products

## Nicotine Replacement Therapy (NRT)

One of the main reasons that people continue to smoke is because they are addicted to nicotine. Nicotine is the drug that keeps you smoking, but it is the other chemicals in cigarettes that make smoking so harmful.

**Nicotine Replacement Therapy (NRT) is commonly used to help people stop smoking.** It gives your body the nicotine it craves without the toxic chemicals that are found in cigarettes. It works by giving a fixed dose of nicotine, which is gradually reduced over time. This reduces your cravings for a cigarette and manages them in a safe way.

* Two products can be used together for more effective reduction of cravings.
* NRT is normally used for up to 12 weeks starting on the day you have chosen to stop smoking.
* NRT is safe to use in pregnancy but check with your GP or midwife first.
* NRT can be used from 12 years of age
* These products are supplied on prescription if you choose to access your local stop smoking service, see the West Sussex Wellbeing website: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices) or, if not, they can be bought at pharmacies and other retail outlets, eg supermarkets.

## Need to forget about cravings through the day?

**Nicotine Patches** get you through the day, without worrying about cravings. They work by releasing small doses of nicotine through the skin. Choose between 16 hour and 24 hour patches, to suit your requirements. Patches take about 30 minutes to get going, so if you need a quicker hit you may need to look at other products.  Use with a faster acting product for maximum effectiveness. If you access the stop smoking service your Stop Smoking Advisor will help you decide which is best for you.

## Need something to do with your hands?

Looking a little like a cigarette, an **Inhalator** releases nicotine vapour which is absorbed through the mouth and throat.  This might suit you if you miss having something to do with your hands when not smoking.

## Need a day-­long treatment you can regulate yourself?

 **Gum, Microtabs, Lozenges & Oral Film** are all taken by mouth and can help you when you need them. Use them regularly throughout the day not just when you get a craving.

**Gum** is good for day-­long treatment. Use about 10-­15 fresh pieces through the day. For maximum effect, chew the gum slowly, then rest it between your gum and cheek.  Available in different strengths and flavours.  Bitter taste to start with, but you get used to it.

**Microtabs** dissolve when you place them under your tongue.  Use up to 2 per hour as required.

**Lozenges** dissolve slowly in the mouth.  Use up to 15 per day.

**Oral Film** dissolves very quickly in the mouth.  Use up to 15 per day.

## Need to beat the cravings NOW?

The **Mouth Spray**is absorbed very quickly through the lining of the mouth.  Spray into the side of the mouth for best effect.  Use 1-­2 sprays every 30 mins to 1 hour. May cause irritation to start with.

The **Nasal Spray**delivers a quick dose of nicotine through the lining of the nose.  Spray into each nostril once or twice an hour.  May cause irritation to start with.

Alternative medicated treatments

Varenicline (branded as Champix) and Bupropion Hydrochloride (branded as Zyban) both work by reducing your craving for a cigarette by binding to receptors in the brain, blocking the ability of nicotine from cigarettes to stimulate these receptors. In addition Champix also reduces the affects you feel if you do have a cigarette, reducing the desire to smoke by acting on the same receptors in the brain as nicotine. With either treatment you set a date to stop smoking, and can start taking tablets one or two weeks before this date with treatment normally lasting for up to 12 weeks. They are only available on prescription or available through certain registered Pharmacies and are not available if you are pregnant, if you are under the age of 18 or if you have some pre-existing conditions (it is important you consult a doctor or healthcare professional before commencing with these products).

## Ready to quit?

You are three times more likely to quit for good with the help of a trained stop smoking advisor. Find your local stop smoking advisor by visiting the West Sussex Wellbeing website: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)

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