

Nicotine Replacement Therapy – Nicotine Patch (Nicotinell® Patch 24h)

Medication Information Leaflet

What is this medication for?

Nicotine Replacement Therapy (NRT) delivers nicotine without the other harmful chemicals present in cigarette smoke. It reduces the withdrawal symptoms experienced when you are trying to quit smoking, allowing you to focus on the other aspects in your effort to quit smoking.

Nicotinell® Patch releases nicotine slowly over 24 hours, which is absorbed into your bloodstream. This provides your body with nicotine to control baseline nicotine withdrawal symptoms.

How should I use this medication?

Apply a new patch at the same time every day. Remove the backing of the patch and apply onto any hairless, clean and dry area of your chest, back, upper arm, thigh or hip. Hold down for 10 seconds and run your finger around the edges of the patch to ensure proper adhesion.

Remove the previous patch before applying a new patch. Fold the used patch into half with the sticky sides together and throw it away.

Apply the patch to a different site each day to reduce skin irritation. After 2 to 3 days, you may apply to a previous spot if there is no sign of irritation. Do not apply patch onto broken skin, red or irritated areas.

What should I do if I forget to use this medication?

If you miss a dose, apply it as soon as you remember. If it is almost time for your next dose, skip the missed dose and apply the patch at your usual time. Do not apply two patches to make up for the missed dose.

What precautions should I take?

You should stop smoking once you start to use NRT. Smoking and using NRT at the same time may increase the risk of adverse effects from the additive effects of nicotine in your body.

If you continue to feel the urge to smoke or experience severe nicotine withdrawal symptoms even after using the NRT lozenges, please inform your healthcare professional as you may need other types of NRT.

Inform your healthcare professional if:

- You are pregnant, planning to become pregnant, or breastfeeding.
- You recently had a heart attack or stroke.
- You have any generalised skin conditions.
- You have any other medical conditions.
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You are less than 18 years old.

What are some common side-effects of this medication?

- Red and itchy skin
- Headache
- Dizziness
- Nausea and vomiting
- Insomnia

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What food or medication should I avoid when I take this medication?

- Nicotine may reduce the effect of certain medications. When NRT dose is reduced or stopped, adjustments to these medications may be necessary.
- These medications include:
 - Benzodiazepines (e.g. diazepam, lorazepam)
 - Insulin
 - Beta-blocker (e.g. bisoprolol, atenolol)
 - Opioid painkillers (e.g. codeine)
- Inform your doctor or pharmacist about other medications – including over-the-counter medications, supplements and traditional/herbal remedies – that you are currently taking as they may affect the way you benefit from NRT.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

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