

Mouthspray

How does it work?

- Relieves cravings in 60 seconds, discreet and fast relief.

How to open the spray device

- Insert thumb nail into release catch at back and press down & inwards gently and then up to lift the nozzle out of the device.

Once opened for the first time spray the device into a tissue 2 or 3 times to ensure it comes out in a puff.

How to use

- Point the spray nozzle towards the inside of the cheek as close as possible.
- Press the top of the dispenser to release one spray into cheek avoiding lips.
- Do not inhale while spraying.
- For best results, do not swallow for a few seconds after spraying.

How much should I use & how often?

- Suitable for all smokers.
- Initially use as required to pre-empt cravings when you would normally have a cigarette or to ease cravings.
- If 1 spray is not enough to calm cravings have a second.
- Use up to a maximum of 64 per day and gradually reduce over 12 weeks to stop smoking altogether.

Patches

How do they work?

- Provide a steady dose of nicotine throughout the day to prevent cravings.

Why choose them?

- For those who want a discreet easy to use, once a day solution to help prevent cravings and withdrawal symptoms associated with quitting smoking.

How do I use them?

- Apply to clean dry skin, once a day.

What strength do I need?

Ideally you will use patches as part of a 10/12* week step down programme to gradually reduce the amount of nicotine you are consuming whilst breaking your smoking habits.

A patch should be selected according to your dependency; an advisor can help determine this with you. If you only smoke in the day use a 16 hour patch.

If you smoke 10 or more a day start with a maximum strength patch (25mg/ 21mg)

If you smoke less than 10 a day start with a medium strength patch (15mg/14mg)

*Nicorette(16hr) / Nicotinell (24hr) -12wks
Niquitin (16/24hr) - 10 wks

Stop Smoking

If you would like to stop smoking, the hospital can supply Nicotine Replacement Therapy (NRT) products that can be used to help you minimise cravings and the withdrawal symptoms associated with stopping smoking.

If you are prescribed NRT, your details will be passed to the Milton Keynes Stop Smoking Service. A Stop Smoking Advisor may visit you in hospital if you are in for a few days or they will contact you once discharged to arrange an appointment and give you advice and support.

Telephone support and home visits are offered where appropriate.

You are **4** times more likely to quit with support than if you use NRT products on their own.

The Stop Smoking Service is confidential and non-judgemental. We can help you as much or as little as you want.

For further advice on stopping smoking or any NRT products or medications call:
Milton Keynes Stop Smoking Service
T: 0845 200 2323
E: stop.smoking@milton-keynes.gov.uk

References can be supplied for the information contained within this leaflet if required from the Stop Smoking Service.

Inhalator

How do they work?

- Release nicotine with every puff for relief from cravings.

Why choose them?

- For those who miss the hand to mouth habit of smoking.

How do I use them?

- Inhale, like a real cigarette with either deep or shallow puffs but try to get the nicotine taste in your mouth as the nicotine goes through your mouth lining to relieve cravings.

How often should I use it?

- Inhalators come in one strength 15mg.
- Initially use as required to pre-empt cravings when you would normally have a cigarette or to ease cravings.
- Use up to 6 cartridges per day, gradually reducing over 12 weeks

Gum & Lozenges

How do they work?

- Provide a controlled dose of nicotine in place of a cigarette

Why choose them?

For those who want to control cravings and nicotine withdrawal symptoms. →



Using the products for craving relief

Gum: Chew until taste becomes strong, rest gum between teeth and cheek; chew again when taste has faded.

Lozenge: Suck and then leave in the cheek until dissolved, do not chew or swallow.

What strength do I need?

If you smoke 20 or more cigarettes a day use 15 gums or 15 lozenges at **4mg** strength per day **maximum**, gradually reducing over 12 weeks.

If you smoke less than 20 cigarettes a day use 15 gums or 15 lozenges at **2mg** strength per day **maximum**, gradually reducing over 12 weeks.

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We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 1998

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Directorate of
Medicine

Stop Smoking:
Nicotine
Containing
Product Guide

Patient Information