

# NICOTINE REPLACEMENT THERAPY

## NICOTINE PATCH 7 MG, 14 MG, 21 MG

### What does it do?

The patch will release small but continuous amounts of nicotine into the body through the skin to help decrease withdrawal symptoms.

### How do I use it?

- Begin using the patch on your quit date.
- Each day, remove the old patch when you wake up, and apply one new patch.
- Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest, or back.
- Press patch firmly in place for 10 seconds so it will stick well to your skin. If needed, you can apply medical adhesive tape over the patch to keep it in place.
- You can bathe, shower, and swim while wearing the patch.
- Avoid wearing the patch on the same area more than once a week.
- Fold the used patch in half with the sticky sides together and throw it in the regular trash, away from children or pets.
- If you slip up and use tobacco, continue using the patch and try not to smoke or dip.
- If you start with 21 mg patches, you can use the patch for one to two months. When you are ready, step down to a lower dose and continue reducing over time. Tapering off usually takes about three to four months, but sometimes it may take longer. Talk with your healthcare provider about your goals for decreasing use.

### What are the possible side effects?

- May cause minor burning, itching, or redness of skin. To reduce this problem, avoid using the patch on the same area in one week.
- If you have skin irritation for more than four days or if you have severe burning or hives, remove the patch and stop using it. Contact your healthcare provider right away.
- Sleep problems or vivid dreams may occur. If so, remove the patch before going to sleep.

### Use these tools for additional support!



#### Sign up for SmokefreeVET Text

Text **VET** to **47848** or go to **Smokefree.gov/vet**.



#### Call the Quitline

Speak with a Quit VET counselor Monday–Friday.  
Dial **1-855-QUIT-VET** (1-855-784-8838).

Using medication together with behavioral counseling gives you the best chance of quitting tobacco. Talk with your healthcare provider about the best medication for you.

VETERANS HEALTH ADMINISTRATION  
**Smokefree.gov/veterans**

# TOBACCO CESSATION COUNSELING

## What is it and how does it help?

Tobacco cessation counseling is when you talk with a healthcare provider or a counselor about your tobacco use and work on ways to get tobacco out of your life. This type of counseling helps you change your behaviors and habits to avoid using tobacco. It also can help you think differently about tobacco and your triggers.

## How do I use it?

An important part of counseling is figuring out what triggers your tobacco use. Some of these triggers probably sound familiar:

- Talking on the phone
- Drinking a cup of coffee
- Drinking alcohol
- Feeling bored
- Needing a break
- Facing stress
- Having insomnia

Counseling will help you to figure out how you can avoid or cope with your triggers so you don't start using tobacco again (or relapse) after you quit. For example, if you smoke with your morning coffee, your counselor may suggest that you have your coffee in a smokefree environment (such as a restaurant or a work kitchen) or switch to tea instead.

## How do I get VA counseling?

- **Contact your healthcare provider.** Tell them you are quitting tobacco. They can give you counseling as well as provide you with smoking cessation medication. Your provider can also refer you to local smoking cessation clinics and group counseling sessions.
- **Call the Quitline.** Speak with a Quit VET counselor Monday–Friday. Dial **1-855-QUIT-VET** (1-855-784-8838).
- **Sign up for SmokefreeVET Text.** Get encouraging and informative messages via text. Text **VET** to **47848** or go to **Smokefree.gov/vet**.

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