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# Habitrol (transdermal)

**Generic name:** [nicotine](#) (transdermal) [ *NIK-oh-teen* ]**Brand names:** Nicoderm C-Q, Nicotine System Kit, Habitrol transdermal**Drug class:** [Smoking cessation agents](#)[Medically reviewed](#) by Drugs.com on Aug 16, 2023. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

## What is Habitrol?

Habitrol is the primary ingredient in tobacco products.

Habitrol (skin patch) is a medical product used to help you stop smoking and help reduce this medicine withdrawal symptoms as you quit smoking.

Habitrol may also be used for purposes not listed in this medication guide.

## Habitrol transdermal side effects

Get emergency medical help if you have **signs of an allergic reaction:** hives; difficult breathing; swelling of your face, lips, tongue, or throat.

**Habitrol may cause serious side effects. Stop using Habitrol and call your doctor at once if you have:**

- fast or pounding heartbeats, fluttering in your chest;
- extreme weakness or dizziness;
- severe nausea and [vomiting](#); or
- redness, swelling, or skin rash where a Habitrol patch was worn (especially if these symptoms do not clear up within 4 days after the patch was removed).

**Common side effects of Habitrol may include:**

- dizziness;
- sleep problems ([insomnia](#)), strange dreams;
- [dry mouth](#), [upset stomach](#);
- joint or [muscle pain](#);
- [headache](#); or

- mild skin irritation where the patch is worn.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Habitrol side effects](#) (more detail)

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## Warnings

Follow all directions on your medicine label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

## Before taking this medicine

Habitrol is not approved for use by anyone younger than 18 years old.

Ask a doctor or pharmacist if Habitrol is safe to use if you have ever had:

- [heart disease](#), irregular heartbeats;
- a [heart attack](#) or stroke;
- untreated or uncontrolled [high blood pressure](#);
- blood circulation problems;
- [pheochromocytoma](#) (tumor of the adrenal gland);
- diabetes;
- a thyroid disorder;
- a [stomach ulcer](#);
- [liver disease](#); or
- if your skin is sensitive to adhesive tape or bandages.

**Do not use Habitrol without medical advice if you are pregnant.** Use effective [birth control](#), and tell your doctor if you become pregnant during treatment.

Smoking cigarettes **during pregnancy** can cause low birth weight, miscarriage, or stillbirth. Using a Habitrol replacement product during pregnancy or while breast-feeding may be safer than smoking. However, you should try to stop smoking without using a this medicine replacement product if you are pregnant or breast-feeding. Talk with your doctor about the best way for you to stop smoking.

It may not be safe to breastfeed while using this medicine. Ask your doctor about any risk.

The Habitrol patch may burn your skin if you wear the patch during an MRI (magnetic resonance imaging). Remove the patch before undergoing such a test.

## How should I use Habitrol transdermal?

Habitrol is only part of a complete program of treatment that may also include counseling, group support, and behavior changes. Your success will depend on your participation in all aspects of your [smoking cessation](#) program.

Use exactly as directed on the label, or as prescribed by your doctor. Start using the transdermal patch on the same day you stop (quit) smoking or using tobacco products.

Your patch strength and number of weeks of treatment will depend on how many cigarettes you smoked daily before quitting. **Read and carefully follow any Instructions for Use provided with your medicine.** Ask your doctor or pharmacist if you do not understand these instructions.

Wash your hands after applying or removing a Habitrol skin patch.

Apply the patch to clean, dry, and hairless skin on your chest or the outer part of your upper arm. Press the patch firmly into place for about 10 seconds to make sure it sticks. You may leave the patch on while bathing, showering, or swimming.

**Do not wear more than one Habitrol patch at a time.** Never cut a skin patch.

Do not wear a Habitrol patch at night if you have vivid dreams or trouble sleeping.

If a patch falls off, try sticking it back into place. If it does not stick well, put on a new patch.

You may wear a **Habitrol** patch for 24 hours.

You may wear a **Nicoderm CQ** patch for 16 or 24 hours (wear for 24 hours if you crave cigarettes when you wake up in the morning).

Remove the skin patch after 24 hours and replace it with a new one. Choose a different place on your body to wear the patch each time you put on a new one. Do not use the same skin area twice within 7 days.

After removing a skin patch fold it in half, sticky side in, and put it back into its pouch.

Do not use Habitrol patches for longer than 8 weeks without the advice of your doctor.

Store at room temperature away from moisture and heat. Keep each patch in its foil pouch until you are ready to use it. Save the pouch so you can use it to throw away any used patches.

Keep both used and unused Habitrol patches out of the reach of children or pets.

**The amount of nicotine in a used or unused skin patch can be fatal to a child who accidentally sucks or chews on the patch.** Seek emergency medical attention if this happens.

 [Detailed Habitrol dosage information](#)

## What happens if I miss a dose?

Apply a skin patch as soon as you remember. Do not wear a patch for longer than 24 hours. **Do not** use extra patches to make up the missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include severe dizziness, nausea, vomiting, [diarrhea](#), weakness, and [fast heart rate](#).

## What should I avoid while using Habitrol transdermal?

Avoid using lotions, oils, or moisturizing soaps on the skin where you plan to wear a Habitrol patch, or it may not stick well.

## What other drugs will affect Habitrol?

Other drugs may affect Habitrol, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Habitrol drug interactions](#) (more detail)

## Does Habitrol interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Habitrol

+

Enter a drug name

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- [Habitrol advanced reading](#)

## Other brands

[Nicoderm CQ](#), [Nicorette](#), [Leader Nicotine Polacrilex](#), [Nicotrol Inhaler](#), ... [+3 more](#)

## Professional resources

- [Nicotine monograph](#)
- [Nicotine Transdermal System Step 3 \(FDA\)](#)

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## Related treatment guides

- [Smoking Cessation](#)

## Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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### DRUG STATUS

#### Availability

OTC Over the counter

#### [Pregnancy & Lactation](#)


 Risk data available

#### CSA Schedule\*

N/A Not a controlled drug



#### Approval History

 Drug history at FDA



## User Reviews & Ratings

6.4 / 10

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