***I Don’t Need To Smoke Patches***

**Product Code: SMK2014D6224P**

**Description**

Transdermal patch in 3 strengths

**Active Ingredient**

Nicotine 21 mg, 14 mg or 7 mg

**Other Ingredients**

Drug Reservoir: Ethylene Vinyl Acetate Copolymer  
Occlusive Backing: Polyethylene/Aluminium/Polyethylene Terephthalate/ Ethylene vinyl acetate  
Rate Controlling Membrane: Polyethylene Film  
Contact Adhesive: Polyisobutylene B100 and B12 SFN  
Protective Layer: Siliconised Polyester Film  
Printing Ink: Sunsharp PMS 465 Brown Ink

**Symptoms**

I Don’t Need To Smoke patches relieve and/or prevent craving and nicotine withdrawal symptoms associated with tobacco dependence. They are indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them.

**Contraindications**

I Don’t Need To Smoke is contraindicated in patients with hypersensitivity to the system, the active substance, or any of the excipients.   
I Don’t Need To Smoke patches should not be used by non-smokers, occasional smokers or children under 12 years.

**Dosage**

Adults 18 years and over:  
I Don’t Need To Smoke patches should be applied once a day, at the same time each day and preferably soon after waking, to a non-hairy, clean, dry skin site and worn continuously for 24 hours. The I Don’t Need To Smoke patch should be applied promptly on removal from its protective sachet.   
  
Avoid applying to any skin which is broken, red or irritated. After 24 hours the used patch should be removed and a new patch applied to a fresh skin site. The patch should not be left on for longer than 24 hours. Skin sites should not be reused for at least seven days. Only one patch should be worn at a time.   
  
Abrupt cessation of smoking:  
I Don’t Need To Smoke Clear therapy should usually begin with I Don’t Need To Smoke Clear 21 mg and be reduced according to the following dosing schedule:-  
  
- Dose Duration  
  
Step 1 I Don’t Need To Smoke Patch 21 mg First 6 weeks  
  
Step 2 I Don’t Need To Smoke Patch 14 mg Next 2 weeks  
  
Step 3 I Don’t Need To Smoke Patch 7 mg Last 2 weeks  
  
Light smokers (e.g. those who smoke less than 10 cigarettes per day) are  
recommended to start at Step 2 (14 mg) for 6 weeks and decrease the dose to I Don’t Need To Smoke Clear 7 mg for the final 2 weeks.  
  
Gradual Cessation:  
For smokers who are unwilling or unable to quit abruptly.  
The 21 mg patch can be used daily for 2-4 weeks while the user continues to smoke as needed. At the end of the 2-4 weeks the user should quit completely and continue using Step 1 21 mg patch for 6 weeks daily without smoking. Thereafter following the Step 2 and 3 directions for abrupt cessation above. Should the patient feel able to quit completely before their designated quit date they can do so.  
  
Reduction in smoking:  
For smokers who wish to cut down with no immediate plans to quit.  
A patch can be used while the user continues to smoke as needed. The user should reduce the number of cigarettes smoked as far as possible and to refrain from smoking as long as possible. Users should be encouraged to stop smoking completely as soon as possible. If users are still feeling the need to use the patches on a regular basis 6 months after the start of treatment and have still been unable to undertake a permanent quit attempt, then it is recommended to seek additional help and advice from a healthcare professional.  
  
Temporary Abstinence:  
Apply a patch to control troublesome withdrawal symptoms including craving during the period when smoking is being avoided. Users should be encouraged to stop smoking completely as soon as possible. If users are still feeling the need to use the patches on a regular basis 6 months after the start of treatment and have still been unable to undertake a permanent quit attempt, then it is recommended to seek additional help and advice from a healthcare  
professional.  
  
Adolescents and children:  
Adolescents (12 to 17 years) should follow the schedule of treatment for abrupt  
cessation of smoking as given above. Where adolescents are not ready or not able to stop smoking abruptly, advice from a healthcare professional should be sought.  
  
I Don’t Need To Smoke is not recommended for use in children under 12 years of age.

**Available In**

21 mg 7 and 14 patches, 14 mg 7 patches, 7 mg 7 patches