

Nicotine Patches Can Help Smokers Quit

The **nicotine (NIK-uh-teen) patch** is used to help people stop smoking. It lessens cravings and withdrawal symptoms so you can focus on quitting. Using quit smoking aids like the patch increases your chances of quitting.

You can buy nicotine patches at any drugstore or pharmacy without a prescription. Some health insurance plans cover the cost of patches with a prescription from your doctor.

If you are under 18 years old, talk to your doctor before using any nicotine replacement product.



How to Use

- Use only one patch each day and wear it all day.
- Apply the patch right away after removing it from its protective pouch. This stops the evaporation and loss of nicotine from the patch.
- Put the patch on a clean, dry, hairless area of skin on your upper body, such as your upper arm, back, or side.
- Remove the used patch each day and put on a new one. Change the location of the patch every day to avoid a skin rash.
- Continue using the patch for 12 weeks.

Side Effects

- **Skin irritation or rash**
Stop using the patch if you develop a severe skin rash.
- **Vivid dreams**
If you have vivid dreams that make it hard to sleep, do not sleep with the patch on.
- **Headache**

Every medicine may have side effects. If you have side effects that bother you or don't go away, tell your doctor.

Talk to your doctor if you have:

- Severe skin irritation or change in skin color
- Irregular heartbeats
- Severe chest pain or tightness
- Severe nausea and vomiting

Need Help Quitting?

You can get free counseling and nicotine gum/patches from:

Charles B. Wang Community Health Center

Health Education Department (212) 966-0461 (English, Chinese)

Asian Smokers' Quitline (ASQ) 1-800-838-8917 (Chinese)
1-800-556-5564 (Korean)
1-800-778-8440 (Vietnamese)

The information on this fact sheet is used with permission from the NYU Department of Population Health.



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line (212) 226-8339

Website www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine (212) 379-6998

Obstetrics & Gynecology (OB/GYN) (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044

Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine (718) 886-1200

Obstetrics & Gynecology (OB/GYN) (718) 886-1287

Pediatrics (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355

Internal Medicine, Pediatrics, Gynecology, and Family Medicine
(929) 362-3006

Health Education Department (212) 966-0461

Social Work Department

Manhattan (212) 226-1661

Queens (718) 886-1212

Need Health Insurance? We Can Help!

Manhattan (212) 226-8339

Queens (718) 886-7355