

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy or NRT are products that contain nicotine. These products provide steady release of nicotine to the body to aid in smoking and tobacco cessation. NRT may help decrease withdrawal symptoms (i.e. trouble sleeping, mood changes, and trouble concentrating, etc.), and reduce cravings (the urge to smoke).

Nicotine Products (NO Prescription required)

These nicotine products can be purchased at the pharmacy without a prescription. However, you will likely need to show your I.D. such as a driver's license to be able to make the purchase.

[Nicotine Patch](#) - The nicotine patch is applied daily on the skin. Nicotine is slowly released from the patch, absorbed through the skin and into the blood stream. Side effects include rash (usually at the location of the patch), dizziness and nausea.

[Nicotine Gum](#) - The nicotine gum is usually used in conjunction with the nicotine patch to help curb cravings. The gum can be chewed every 1 – 2 hours. The gum releases nicotine when chewed slowly and parked (left sitting between gums and cheeks). Nicotine is absorbed through the cheek inside the mouth and into the blood stream. Side effects include sores in mouth, disturbance in taste, hiccups, dizziness, and increased heart rate.

[Nicotine Lozenge](#) - The nicotine lozenge is usually used in conjunction with the nicotine patch to help curb cravings. The lozenge can be used every 1 – 2 hours. The lozenge releases nicotine as it dissolves when parked (left sitting between the gums and cheeks). Nicotine is absorbed through the cheek inside the mouth and into the blood stream. Side effects include sores in mouth, disturbance in taste, sore throat, and increased heart rate.

Nicotine Products (Prescription Required)

These nicotine products require a prescription from your medical provider. Discuss these nicotine products with your medical provider to see if these are right for you.

[Nasal Spray](#) - The nicotine nasal spray is sprayed in each nostril releasing specific amounts of nicotine into the nasal passages in the nose. The Nicotine is absorbed through tissues in the nose and into the blood stream. Side effects include nasal irritation, throat irritation, sinus irritation, bloody nose, and cough.

[Inhaler](#) - The nicotine inhaler is inhaled into the mouth. The nicotine inhaler releases specific amounts of nicotine that is absorbed through the cheeks inside of your mouth and the upper throat. Side effects include mouth irritation, throat irritation, inflammation of sinuses, and chest discomfort.

Medications (Prescription Required)

These smoking cessation aids are in the form of pills and do not contain nicotine. However, these products can be effective and helpful with smoking cessation by decreasing withdrawal symptoms (i.e. trouble sleeping, mood changes, and trouble concentrating, etc.), and reduce cravings (the urge to smoke).

[Chantix \(varenicline\)](#) - Chantix binds and simultaneously blocks nicotine receptors in the brain. Therefore decreasing the pleasure of smoking along with reducing withdrawal symptoms, and curb cravings. Side effects include difficulty with sleep, nausea, vivid dreams, behavioral issues, and suicidal thinking.

[Zyban \(bupropion SR\)](#) - The mechanism of action is unclear, however Zyban is likely to affect the chemistry of the brain that inhibits the desire to smoke. Side effects of Zyban include difficulty with sleep, dizziness, nausea, rash, vivid dreams, behavioral issues, and suicidal thinking.