





Step 1: Choose the starting patch dose for craving support throughout the day based on number of cigarettes smoked:

One cigarette delivers 1-2 mg of nicotine

 NICODERM® Patch	STEP 1 21 mg	STEP 2 14 mg	STEP 3 7 mg	Considerations: Assess your patient and consider if remaining on Step 3 beyond Week 10 is appropriate to help manage their cravings.
> 19 CIGARETTES/DAY	WEEKS 1-6	WEEKS 7-9	WEEKS 9-10	WEEKS 10+
10-19 CIGARETTES/DAY		WEEKS 1-6	WEEKS 7-9	DOSE REDUCTION
< 10 CIGARETTES/DAY			WEEKS 1-6	REASSESS

Step 2: Pair with a NICORETTE® product for fast relief of breakthrough cravings.

 NICORETTE® QuickMist®	Each spray contains 1mg of nicotine. 1-2 sprays at a time as needed. Maximum 4 sprays per hour. Maximum 64 sprays per day.			Starts to relieve cravings in 30 seconds. One canister contains approximately 150 sprays.
	OR	OR	OR	
 NICORETTE® Gum	Comes in 2mg & 4mg dosages. 1 piece of gum every 1-2 hours as needed. Maximum 20 pieces of gum per day.			Choose NICORETTE® 2 mg gum if time to first cigarette is > 30 minutes upon waking. Choose NICORETTE® 4 mg gum if time to first cigarette is < 30 minutes upon waking.
	OR	OR	OR	
 NICORETTE® Lozenge	Comes in 2mg & 4mg dosages. 1 lozenge every 1-2 hours as needed. Maximum 15 lozenges per day.			Choose NICORETTE® 2mg lozenge if time to first cigarette is > 30 minutes upon waking. Choose NICORETTE® 4mg lozenge if time to first cigarette is < 30 minutes upon waking.
	OR	OR	OR	
 NICORETTE® Inhaler	Use as needed. Each cartridge contains 4mg of nicotine. Maximum 12 cartridges per day.			1 cartridge lasts ~ 20 minutes of frequent continuous puffing.

Step 3: Use the starting NRT patch dose for 6 weeks and reduce dose by 7 mg every 2 weeks thereafter.

- Consider a NICORETTE® product with a **different strength or increase the NICODERM® patch dose** if cravings continue.
- If strong cravings return when attempting downward titration, **consider remaining at the higher dose for longer.**

Step 4: Re-assess the patient for ongoing cravings and/or withdrawal symptoms.

- NRT can be used **beyond 10 – 12 weeks** as necessary.
- **Re-assess the patient as needed** to manage and titrate dosage(s).

Tips on Using NRT Products

- NICORETTE® and NICODERM® are the first and only brands in Canada authorized for use in combination.
- NICORETTE® Gum is now the **only authorized NRT product** in Canada that includes provisions for use in **pregnant and breastfeeding** women with your consultation as a HCP.
- Gum, lozenge, inhaler or spray **can be used after discontinuation of patch**, as required.

Only to be used by adults who are trying to quit smoking.

WARNING: This product contains nicotine.
Nicotine is highly addictive.

MAXIMIZE YOUR CHANCES OF QUITTING



Combination therapy is 30% more effective
than using a single NRT product¹

If a single product is not enough to help your patients manage their cravings, using two different formats in combination together might be more effective.



Visit Kenvue Pro for more smoking cessation tools, resources and samples.

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