

REDUCE TO QUIT® with a target quit date

1	2	3
<p>START NRT 2-4 weeks prior to quit date</p> <p>Use faster action NRT (such as gum or lozenge) to replace omitted cigarettes and when experiencing cravings</p> <p>Set goal to reduce daily cigarette consumption by ≥50% by target quit date</p>	<p>STOP SMOKING on target quit date and follow regular dosing and titration regimen (see below)</p>	<p>EXTEND NRT USE as long as necessary to prevent relapse</p>

WEEKS	1-3	4-6	7-8	9-10	10+
NICODERM® Patch[¶]	21 mg*	21 mg*	14 mg	7 mg	No patch
PLUS					
NICORETTE® Gum[†]	10-20 pieces/day	8-15 pieces/day	4-10 pieces/day	2-5 pieces/day	1 piece if urge to smoke returns
or					
NICORETTE® QuickMist®	1-2 sprays every half hour	1-2 sprays every half hour	Reduce number of sprays per day by half	2-4 sprays/day	1 spray if urge to smoke returns
or					
NICORETTE® Lozenge[‡]	8-15 lozenges/day	8-15 lozenges/day	4-8 lozenges/day	2-4 lozenges/day	1-2 lozenges/day if urge to smoke returns
or					
NICORETTE® Inhaler[§]	1 cartridge every 1-2 hours or as needed Min = 6 cartridges Max = 12 cartridges	1 cartridge every 1-2 hours or as needed Min = 6 cartridges Max = 12 cartridges	1 cartridge every 1-2 hours or as needed Min = 6 cartridges Max = 12 cartridges	1 cartridge every 1-2 hours or as needed Min = 6 cartridges Max = 12 cartridges	1 cartridge every 1-2 hours or as needed Min = 6 cartridges Max = 12 cartridges After week 12, reduce the number of cartridges gradually

¶ For a person who smokes 10+ cigarettes/day.

* If a patient's weight is <45 kg (100 lbs) or they have heart disease and your doctor has recommended NICODERM®, start with Step 2.

† If a patient typically smokes >25 cigarettes/day, use the 4 mg gum. If they smoke ≤25, use the 2 mg gum.

‡ If a patient typically smokes >25 cigarettes/day, use the 4 mg lozenge. If they smoke ≤25, use the 2 mg lozenge.

§ 1 cartridge = 20 minutes of puffing.

MAXIMUM DOSES: Patients should not exceed 1 patch daily, 2 sprays at a time/4 sprays per hour/64 sprays per day, 20 pieces of gum, 15 lozenges or 12 cartridges per day. See product inserts for more information.