

Steps	Step 1: Weeks 1-6 [†]	Step 2: Weeks 7-8	Step 3: Weeks 9-10		
NICODERM® Patch*	For a heavy smoker: Use one 21 mg patch daily For a light smoker: Use one 14 mg patch daily	For a heavy smoker: Use one 14 mg patch daily For a light smoker: Use one 7 mg patch daily	For a heavy smoker: Use one 7 mg patch daily For a light smoker: If needed, continue using one 7 mg patch daily		
Steps	Step 1: Weeks 1-6 [†]	Step 2: Weeks 7-9	Step 3: Weeks 10-12	Step 4: After 12 weeks	
NICORETTE® QuickMist®	1-2 sprays every 30-60 minutes. Use 1 spray first, and if cravings do not disappear within a few minutes, use a second spray.	Start reducing the number of sprays/day. By the end of week 9, the number of sprays per day should be half of what was used in Step 1.	Keep reducing the number of sprays/day. By week 12, no more than 2-4 sprays/day should be used.	Stop using QuickMist®.	
Steps	Step 1: Weeks 1-2	Step 2: Weeks 3-4	Step 3: Month 2	Step 4: Month 3	Step 5: Month 4-6
NICORETTE® Gum[‡]	10-20 pieces/day	8-15 pieces/day	4-10 pieces/day	2-5 pieces/day	1 piece if the urge to smoke returns
Steps	Step 1: Weeks 1-6	Step 2: Weeks 7-9	Step 3: Weeks 10-12	Step 4: Weeks 13-14	
NICORETTE® Lozenges[§]	8-15 lozenges/day	4-8 lozenges/day	2-4 lozenges/day	1-2 lozenges/day if you feel the urge to smoke	
Steps	Step 1: Weeks 1-12	Step 2: Weeks 13-24			
NICORETTE® Inhaler	A minimum of 6 cartridges to a maximum of 12 cartridges/day.	Reduce the number of cartridges gradually. Stop using the inhaler when down to 1-2 cartridges/day.			

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

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

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

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