

## Quitting isn't as expensive as you think!

NRT patches, gum and lozenges are available cheaper (and in some cases free) with a script from your doctor.

See below how the cost of cigarettes compare with the cost of patches over the same 28 day period.

### Cigarettes

1 pack (\$27 x 28 days) \$756

### 25mg patches, 28 day pack

From a pharmacy or supermarket \$51.48

With a script from your doctor \$40.30

With a script from your doctor with concession \$6.50

Close the Gap Scheme for Aboriginal and Torres Strait Islanders Free

Give yourself the best possible chance of success by using a combination of NRT products as well as a support service such as Quitline (13 7848).

Our friendly Quit Specialists have helped thousands of smokers kick the habit! And remember, you don't need to feel ready to quit to give them a call.

 **Quitline**  
**13 7848**

[www.quit.org.au](http://www.quit.org.au)

# Nicotine replacement therapy (NRT) products

How they can help you to quit for good



## Did you know that using NRT products can actually increase your chances of quitting for good?

### Fast facts

NRT products are:

- less addictive than smoking cigarettes
- safe to use, even if you are on medication
- available in pharmacies and most supermarkets.

Other quitting medications such as Champix are also available with a script. Talk to your doctor about what might work best for you.

If you quit smoking, your doctor will re-look at your medicines. Smoking causes some medicines for mental health (e.g. clozapine, olanzapine, fluvoxamine) to be metabolised quickly.

Stopping smoking can help your body to better absorb the medicines, meaning your dose may need to be lowered.

### How do they work?

NRT products replace some of the nicotine you usually get from cigarettes. This helps reduce cravings.

They work best with people who show signs of nicotine addiction, like:

- you smoke your first cigarette within 30 minutes of waking up
- you smoke more than 10 cigarettes a day
- you have cravings and withdrawal symptoms when you try to quit.

### What are your options?

There are five types of NRT products. Some work faster than others and are used in different ways. For most people NRT works best when you combine patches with a short-acting form such as gum, lozenges, mouth spray or inhalator.

### What's the best way to use them?

It's important to use NRT products correctly. Always refer to the product's consumer medicine information sheet, or talk to your pharmacist or doctor.

You will have more chance of success with the products if you use them regularly throughout the day as well as when you have cravings.



#### Patches

They're worn on your skin, and slowly release nicotine. Patches are cheaper with a script from your doctor.

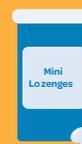
PLUS



#### Gum

Unlike regular gum, nicotine gum works by chewing and then placing in the side of your mouth. Gum is cheaper with a script from your doctor.

OR



#### Lozenges

As the lozenge dissolves nicotine is absorbed through the lining of your mouth. Lozenges are cheaper with a script from your doctor.

OR



#### Mouth spray

Relieves cravings the fastest. Aim and spray onto the inside of your cheek or under your tongue.

OR



#### Inhalator

Releases nicotine into your mouth when you inhale it. Mimics the hand-to-mouth habit of smoking.