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NICOTINE - PATCH

USES: This medication is used as an aid to stop smoking. It is most effective when used in conjunction with a stop smoking program.

HOW TO USE THIS MEDICATION: The patch should be applied to a clean, dry, non-hairy area on the trunk or upper arm. Check with the manufacturer's patient instruction sheet for specific recommended areas of patch application. If necessary, clip hair from the site prior to applying the patch. Remove the patch from the package, peel off the protective strip and immediately apply it to the site. Press firmly for 10 to 20 seconds to make sure the patch stays in place. Be sure the edges are held firmly to the skin. Wash your hands after applying the patch.

Different brands of nicotine patches vary in the length of time the patch is left on the skin (e.g., for 24 hours or only while awake). Consult your doctor or pharmacist regarding your specific patch and your condition (including cravings, vivid dreams etc.).

Remove the patch carefully and dispose of it properly. Apply each new patch to a different area to prevent skin irritation.

Do not suddenly stop using this medication without your doctors approval. Your dose may need to be gradually decreased.

You must stop smoking before using the patches and continue not to smoke while using this medication.

SIDE EFFECTS: This medication may cause headache, dizziness, lightheadedness, drowsiness, stomach upset, nausea or flushing the first few days as your body adjusts to the medication. If these symptoms persist or become bothersome, inform your doctor.

Notify your doctor if you develop breathing difficulties, chest pain, irregular heartbeat, nervousness, anxiety or tremors while taking this medication.

If the area around the patch becomes red, itchy or irritated, try a new site. If the irritation continues or becomes worse, notify your doctor.

PRECAUTIONS: Tell your doctor your complete medical history especially if you have a history of heart disease, high blood pressure or insulin-dependent diabetes.

This medication is not recommended for use during pregnancy. Consult your doctor before using this drug. Nicotine is excreted into breast milk. It is expected that the nicotine from the patches may be excreted into breast milk to a lesser extent than

other forms of nicotine. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: Inform your doctor about all the medicines you use (both prescription and nonprescription) especially if you use insulin, beta-blockers (propranolol or Inderal-like drugs), propoxyphene (Darvon) for pain or xanthine drugs used for asthma (theophylline like) because your dose may need to be adjusted.

NOTES: Keep this and all medications out of the reach of children and away from pets. A used patch should be discarded by folding it in half with the sticky sides facing each other. The used patch should then be placed in the opened pouch or aluminum foil and thrown in the garbage. Do not allow children access to the discarded patch.

MISSED DOSE: If you miss a dose, use it as soon as remembered; do not use if it is almost time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature away from sunlight and moisture.