

INFORMATION TO HELP DETERMINE WHICH NICOTINE REPLACEMENT THERAPY (NRT) IS BEST FOR YOU

A few simple questions will help determine which NicoDerm_®CQ_® or Nicorette_® product you should use.

WHAT IS MORE IMPORTANT TO YOU?

A DISCREET, ONCE-DAILY NRT PRODUCT THAT DELIVERS STEADY NICOTINE LEVELS ALL DAY



NICODERM_®CQ_® PATCH

AN NRT PRODUCT I CAN TAKE WHEN A CRAVING HITS



NICORETTE_® MINI LOZENGE



NICORETTE_® GUM



NICORETTE_® LOZENGE

DO YOU SMOKE MORE THAN 10 CIGARETTES PER DAY?

- YES.** Start with Step 1 (21-mg)
- NO.** Start with Step 2 (14-mg)

DO YOU SMOKE YOUR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP?

- YES.** Use the 4-mg Lozenge, *mini* Lozenge, or Gum
- NO.** Use the 2-mg Lozenge, *mini* Lozenge, or Gum

An important strategy for quitting is to follow your doctor's recommendations and the dosing information on the packaging.

Use products as directed. Behavioral support increases chances of success. Refer to downloadable dosing information for complete product dosing.

NICODERM_®CQ_® AND NICORETTE_® PRODUCTS CAN INCREASE YOUR CHANCES OF QUITTING SMOKING

NicoDerm_®CQ_® and Nicorette_® products give your body a therapeutic dose of nicotine that can help increase your chances of quitting. As your body adjusts, you lower the amount of nicotine until you don't need it anymore. When you quit smoking, your body will still want nicotine. The program is designed to help you quit slowly by providing nicotine in a controlled manner. Don't feel like you need to be a hero and "power through" cravings—the longer you wait, the harder it will be not to light up. It's better in the long run if you use NicoDerm_®CQ_® and Nicorette_® consistently to help relieve your cravings. Over time, you'll find many of your cravings will go away. Just be patient.

