nicorette®

transdermal patch and chewing gum

What you should know about nicorette®

nicorette® icy white 2mg gum (2mg nicotine chewing gum)

Low strength

Please read this leaflet carefully before you start using this medicine. It provides useful information on how to use it safely. Keep the leaflet, you might need it again.

for use in hospital because of heart disease or have a skin disorder.

Talk to your doctor, nurse or pharmacist...

if you are pregnant or breast-feeding.

if you have liver or kidney disease.

if you have overactive thyroid gland or have a phaeochromocytoma (a tumour of the adrenal gland that can affect blood pressure) – your doctor will have told you this.

if you have diabetes – monitor your blood sugar levels more often when starting to use nicorette combi patch + gum as you may find your insulin or medication requirements alter.

if you have skin disorder such as psoriasis, eczema or hives (urticaria) covering a large area of skin.

if you are taking other medicines such as theophylline, digoxin or ropinirole. Stopping smoking down may require the dose of these medicines to be adjusted.

if you have false teeth you may have difficulty chewing the gum as nicorette icy white gum could stick to them and on rare occasions, damage dentures. If you experience a problem, other single formats of nicotine replacement therapy such as microtab, inhalator or microtab may be more suitable for you.

The nicorette chewing technique

1 Chew slowly until taste becomes more intense.

2 Rest between gum and cheek.

3 Chew again when the taste has faded.

Keep chewing like this for about half an hour. After this time the gum will have lost its strength and you should dispose of it carefully.

When to use nicorette combi patch + gum

Nicotine replacement therapy often provides sufficient nicotine when used as single therapy. Smokers who smoke 10 or more cigarettes per day, people who experience breakthrough cravings, or those who have failed to stop smoking with single NRT may benefit from using nicorette combi patch + gum.

Below is the dosage information for nicorette combi patch + gum. This shows the number of invisi patches and icy white gums you should be using, when you should use them and the maximum amount of time you should be using nicotine replacement therapy for.

You must stop smoking completely before using nicorette combi patch + gum. (Step 1)

You should use the icy white gum and invisi patch at the same time for Step 2 of the treatment period. See “Stopping immediately” overleaf.

Children under 12 years

Do not give this product to children under 12 years.

Children under 12 years should use them and the maximum amount of time you should stop smoking.

How and when to use this medicine

Before applying your invisi patch, choose a complete section of your skin on the front or side of the chest, upper arm or hip.

Avoid placing the invisi patch over any area of skin that is red, cut or irritated.

Do not apply oil or talcum powder to the skin before putting on the invisi patch as this may prevent it from sticking properly.

It is important that you do not use the same area on two consecutive days to help avoid irritating that site.

Choosing how to apply the patch

1 Before applying your invisi patch, choose a complete area of hairless skin on the front or side of the chest, upper arm or hip.

2 Avoid placing the invisi patch on any area of skin that is red, cut or irritated.

3 Place the invisi patch in a child resistant sachet which can be opened by cutting along the edge with a knife or scissors.

4 Remove the invisi patch from its sachet and then peel off the remaining half of the slivery aluminium backing away.

5 Press the invisi patch firmly onto the skin with your palm or finger tips.

6 Run your fingers around the edge to ensure it sticks firmly.

Removing and disposing of the patch

1 The patch should then be disposed of carefully in the household rubbish, out of reach of children.

2 Any icy white gums which remain following Step 2 of the treatment period can be retained for use during the weaning period. See “Choosing how to apply the patch” overleaf.

3 If you lose an invisi patch whilst swimming, bathing or running, you do not need to replace it.

4 This indicates that you were using it safely. Keep the leaflet, you might need it again.

For the best effect, ensure that you apply the invisi patch correctly and chew the nicorette icy white gum according to the Nicorette Chewing Technique – see “How to Use Nicorette Combi Patch + Gum.”

The benefits of stopping smoking far outweigh any potential risk from using nicotine from NRT.

It provides useful information on how to use it safely. Keep the leaflet, you might need it again.

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Step 1: Set a date to quit and stop smoking cigarettes.

Step 2: Use the invisi patch and icy white gum together for 8 weeks (2 months). The icy white gum should be used to relieve your breakthrough cravings to smoke. See the dosing table in "When to use nicorette invisi patch + gum" to see how often you can use the invisi patch and icy white gum.

Step 3: Stop using the invisi patch and start to reduce the number of icy white gums you use over a period of four weeks. You should try and use fewer pieces of gum each day. When you are using only one or two pieces of icy white gum per day, you should stop completely.

Step 4: Start to reduce the number of icy white gums you use, by trying to use fewer pieces each day. You can stop using the icy white gum altogether in the shortest time possible.

Effects of too much nicotine
You may also get these effects if you are not used to inhaling tobacco smoke.

These effects include:

- feeling faint
- feeling sick (nausea)
- headache

Side-effects of Nicorette Icy White Gum
Nicorette icy white gum can sometimes cause a slight irritation of the throat at the start of the treatment. It may also cause increased salivation. The gum may occasionally stick to dentures and in rare cases damage them. Excessive swallowing of the nicotine released from the gum may result in hiccups.

Side-effects of Nicorette Invisi Patch
When you use the nicorette invisi patch for the first time it may cause a mild skin reaction. This is usually due to the person being sensitive to the patch's backing as this may be new to them.

Possible side-effects
Like all medicines, nicorette combi patch + gum can have side-effects. As many of the effects are due to nicotine, you can also experience them when nicotine is obtained by smoking.

Effects related to stopping smoking (nicotine withdrawal)
You may experience unexpected effects because by stopping smoking you have reduced the amount of nicotine you are taking. You may also experience these effects if you under use nicorette combi patch + gum before you are ready to reduce your nicotine intake.

These effects include:

- irritability or aggression
- feeling low
- anxiety
- restlessness
- poor concentration
- increased appetite or weight gain
- urges to smoke
- night time awakening or sleep disturbance
- lowering of heart rate

If you have used too much nicorette combi patch + gum?
If you have used more than the recommended amount of invisi patch or icy white gum, left the patch in place for too long, or have smoked whilst using nicorette combi patch + gum, you may experience: nausea (feeling sick), salivation, pain in your abdomen, diarrhoea, sweating, headache, dizziness, hearing disturbance or weakness.

If you do get any of these effects contact a doctor or your nearest hospital Accident and Emergency department immediately. Take this leaflet and the pack with you.

If a child has used or swallowed a Nicorette Invisi Patch or Icy White Gum
Contact a doctor or your nearest hospital Accident and Emergency department immediately if a child under 12 years is using the medicine. Take this leaflet and the pack with you.

Nicotine ingression by a child may result in severe poisoning.

If a child has had too much nicotine?

If a child has used or swallowed a Nicorette Invisi Patch or Icy White Gum, the invisi patch is discontinued.

Very common side-effects:

- itching – this usually disappears within a few days
- headache
- jaw-muscle ache
- dry mouth
- difficulty in concentrating
- feeling sick (nausea)

Common side-effects:

- (less than 1 in every 100 people are affected)

Uncommon side-effects:

- (less than 1 in every 10,000 people are affected)

Very rare side-effects:

- (less than 1 in 100,000 people are affected)

Who makes Nicorette Combi Patch + Gum?
The Product Licence holder is McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

The manufacturer is McNeil AB, Helsingborg, Sweden.

This leaflet was revised in August 2009.

Information about Nicorette ActiveStop
Nicorette ActiveStop is a personalised support you, with the aim of helping you give up smoking. All you need is internet access and a mobile telephone. Call 0800 244 838 for information.