

Nicotine Replacement

Patches – available without prescription, use for 4 weeks 21 mg, 2 wks 14 mg, 2 wks 7 mg – then stop the patch.

Gum – available without prescription, chew until tingling felt, then park in cheek. Repeat chew and park for 30 minutes. May help delay weight gain. Four mg seems to work better than 2 mg.

Lozenges – available without prescription, let dissolve in the mouth. Use 4 mg if you need your first morning cigarette within 30 minutes of waking up, otherwise use 2 mg.

Nasal spray – prescription, can burn the nose, don't sniff it in – just spray and let it absorb.

Inhaler – prescription, looks like a short stubby cigarette, puff on it for five minutes = 1 cigarette. Each cartridge equals about 4 cigarettes.

Use the gum, lozenges, nasal spray, or inhaler once an hour or as needed for three months, then taper off.