

Patches



Nicotine patches are a form of NRT (nicotine replacement therapy). They give a constant, slow release of nicotine by releasing it directly into the blood stream through the skin. We like to use the patches in a combination therapy alongside a quick releasing product. This will ensure that you are receiving a constant flow of nicotine which in turn will help curb your cravings.

There are two types of patches. The first is a 24 hour patch in 7, 14 or 21 mg strength. This is particularly beneficial for smokers who crave nicotine immediately on waking but it is not suitable for pregnant women. The second is a 16 hour patch in 10, 15 or 25 mg strength. Whichever strength you start on, you will need to gradually reduce the strength before stopping them completely.

Gum



The gum comes in 2mg and 4mg strengths. Gum is a fast acting product as it absorbs into the body through the thin lining of the cheek.

After chewing the gum for a moment you will notice a slight warmth or a very strong flavour. At this point you are releasing the nicotine and you need to park the gum between the jaw and the cheek for it to absorb into the bloodstream.

During the course of treatment you will gradually reduce the amount of gum you chew as well as the strength.

Inhalator 15mg



The inhalator is good for smokers who miss the hand to mouth function of smoking. It looks like a plastic cigarette and is absorbed through the mouth and throat.

The inhalator is a very quick working product and each cartridge will provide you with about 40 minutes of intense use. You can use up to 6 cartridges a day and will need to gradually reduce this during your course.

Lozenges



The lozenge works in the same way as the gum. They also come in two strengths: 2mg and 4mg. You suck the lozenge until it tastes strong or becomes hot, then you can place it against the inside of your cheek to allow it to absorb. Once the taste fades you need to suck it again and release more nicotine. Continue until the lozenge has dissolved. They normally last about 30 minutes.

You will start to reduce the strength and the amount of lozenges you need throughout the course.

Cools Lozenge

Cools lozenges gradually dissolve in your mouth and start to relieve cravings within 2 minutes. Cools leave a long lasting mint flavor in your mouth.

Cools also come in 2mg and 4mg strengths and again, you will reduce your intake gradually through the program.

Nasal Spray



The nasal spray is the strongest form of NRT as it delivers a fast and effective dose of nicotine through the lining of the nose. This is the fastest way for the nicotine to enter the blood stream and is particularly useful for those with a high nicotine dependence.

You will reduce the amount of doses you have throughout the course.

Quickmist

Quickmist is a fast acting product with starts to work within 60 seconds. The mist is sprayed onto the side of the mouth and the nicotine is absorbed through the lining in the mouth straight into the blood stream. You can use up to 64 sprays a day and you will reduce this amount throughout the course.

Champix – (Varenicline) / Zyban – (Bupropion)



Both these products are only available on prescription and to those over the age of 18. They are also not available to pregnant women or to patients with certain pre-existing medical conditions.

These medications help to reduce the craving by partially blocking the receptors in the brain that respond to nicotine. This therefore blocks the effect of nicotine when smoking a cigarette.

This is an 8 - 12 week course, which you will be eased into and weaned off.