

Procedure for Use of NRT Products

NRT PATCH	NRT GUM
<ol style="list-style-type: none"> 1) Apply the patch to a clean, dry, non-hair area on the upper part of the body (arms, chest and back). Replace with a new patch every 24 hours and rotate the site of application. 2) Remove patch and notify MRP to reassess the ordered NRT if the patient: <ul style="list-style-type: none"> • Develops a skin rash or a reaction • Experiences a sensitivity to the adhesive 3) Assess the patient for nicotine toxicity (too much nicotine) and/or nicotine withdrawal (not enough nicotine) at least once every shift and more often, if required. 4) Dose adjustment for too much nicotine: If patient experiences nausea, vomiting, sweats, tremors, light headedness, confusion, racing heart, or weakness, <i>remove the nicotine patch and notify MRP to have the dose reassessed.</i> 5) Dose adjustment for not enough nicotine: If patient experiences <i>withdrawal symptoms</i> (craving to smoke, irritability, frustration, anger, headache, anxiety, difficulty concentrating or restlessness not accounted for by other physical or mental health condition), <i>notify MRP to reassess dose.</i> <p>*MRP may use the information provided on the NRT pre-printed orders to guide dosing.</p>	<ol style="list-style-type: none"> 1) Patient to chew 1 piece of gum when urge to smoke occurs. No food or drink (except water) for 15 minutes before and during chewing 2) Advise patient to use the “bite and park” method. Bite it once or twice, then, park it between your cheek and gums. Wait a minute and then repeat. BITE, BITE, PARK; BITE, BITE, PARK. 3) Chew the gum slowly until the taste becomes strong, then tuck it between the gums and cheek. Chew the gum again when the taste has faded. Use the method described above. Advise patient to slow down if they start feeling uncomfortable. 4) After about 30 minutes, most of the nicotine would have been released. Discard the gum safely, and start a new piece as soon as the urge to smoke arises. 5) Do not chew more than one gum at a time. Acidic beverages like coffee, tea, soft drinks or citrus juices should be avoided while chewing. They can decrease the absorption of Nicotine and thereby render the gum ineffective. 6) Avoid using the gum in patients with dentures and temporomandibular joint dysfunction.