Nicotine Replacement Therapy: The Patch & Gum
Adapted from No Butts About It: Fighting Nicotine Addiction
By Kevin Hope, RPh

The Patch

10 WEEK PROTOCOL (if smoking more than 10 cigarettes/day)
- 21 mg • Use for 6 weeks
- 14 mg • Use for 2 weeks
- 7 mg • Use for 2 weeks

8 WEEK PROTOCOL (if smoking less than 10 cigarettes/day)
- 14 mg • Use for 6 weeks
- 7 mg • Use for 2 weeks

Nicotine Polacrilex Gum
- If patient smokes more than 25 Cigarettes/day, use 4mg
- If patient smokes less than 25 Cigarettes/day, use 2mg
- Use a minimum of 9 pieces/day for The first 6 weeks
- Do not exceed 24 pieces/day
- Do not use for more than 12 weeks

Weeks 1-6 • Chew one piece every 1-2 hours
Weeks 7-9 • Chew one piece every 2-4 hours
Weeks 10-12 • Chew one piece every 4-6 hours