

## **Nicotine Withdrawal Symptoms you may experience**

Nicotine withdrawal starts very promptly after cessation of smoking - within two hours in some cases. It peaks within 24 - 48 hours and then gradually subsides over the next few weeks. Symptoms of nicotine withdrawal include:

- irritability and restlessness
- decreased metabolic rate and increased appetite
- increased coughing
- tremors
- anxiety
- insomnia
- headaches
- aggressiveness
- confusion and dizziness
- inability to concentrate
- constipation
- sweating

## **Symptoms of Nicotine Overdosing (very rare)**

Symptoms of overdose or poisoning include:

- Nausea and vomiting
- Salivating
- Diarrhea
- Abdominal Pain
- Cold sweats
- Weakness
- Disturbed hearing
- Headache
- Breathing difficulties
- Weak, rapid or irregular pulse
- Loss of consciousness

# ***Habitrol Transdermal Patch 21 mg***



Habitrol Patch (21 mg) helps you to give up smoking by relieving the desire to smoke, as well as some of the unpleasant effects. Each box contains 7 patches.

Habitrol Patch is intended to ease such withdrawal symptoms by providing your body with nicotine. This leaves your mind free to concentrate on overcoming your psychological desire to smoke.

Habitrol patch has been designed to slowly allow nicotine to be absorbed through your skin. The amount of nicotine in the Habitrol Patch is sufficient to help overcome the withdrawal symptoms but is lower than the amount of nicotine which you get from smoking. Therefore, overcoming your reliance on the nicotine in Habitrol Patch is much easier than overcoming your dependence on the nicotine you get from smoking.

## **Precautions**

### **When you must not use Habitrol Patch**

Do not use Habitrol Patch if: You are pregnant or intend to become pregnant  
There is medical evidence that nicotine in any form may be harmful to an unborn child. Therefore it is recommended that you do not use Habitrol if you are pregnant or intend to become pregnant, unless you are unable to stop smoking without nicotine replacement. Talk to your doctor before using Habitrol Patch during pregnancy  
You are breast-feeding or intend to breast-feed.

Nicotine passes freely into breastmilk, and can affect the health of the baby. Therefore it is recommended that you do not use Habitrol Patch if you are breast-feeding or intend to breast-feed  
You have had a recent heart attack or stroke  
You have heart disease such as palpitations (fast or irregular heart beats) or uncontrolled angina (chest pain)

There is not enough information about the use of Habitrol Gum in children.

You are allergic to nicotine or may be sensitive to the patch adhesive.

You should not use Habitrol Patch if the expiry date printed on the carton has passed or the packaging is torn or shows signs of tampering.

### **Before you start to use Habitrol Patches**

If you have had any of the following, you should ask for your doctor or pharmacist's advice before using Habitrol Patch:

Angina (chest pain) or any other problem with your heart or blood vessels such as pain in one or more legs when you walk,

- High Blood Pressure
- Previous Stroke
- Kidney disease

- Liver disease
- Stomach ulcer or pain
- Hyperthyroidism (a disorder of the thyroid gland)
- Phaeochromocytoma (a tumour of the adrenal gland)
- Diabetes

### **Taking other medicines**

If you are taking any other medicines, including medicines that you buy without a prescription, in a pharmacy, supermarket or health food shop, the way these medicines work may be affected once you stop smoking.

These medicines may include: Theophylline (asthma medication)

- Insulin
- Imipramine (antidepressant)
- Pentazocine (pain medication).

### **Adverse Effects**

- Redness or itching of the skin where the patch has been
- Headache
- Nausea and/or vomiting
- General skin redness and hives
- Dizziness
- Sleeplessness
- Some effects, such as dizziness, headache and sleeplessness may be withdrawal symptoms due to low nicotine levels

If any of these effects do not go away, or you have any other undesirable effects during use, tell your doctor or pharmacist

#### **Warning:**

Store below 25°C

For external use only

Patches must be kept out of the reach of children both before and after use

#### **How to use Habitrol Patches**

Choose and prepare an area of skin

Before you open the pouch choose an area of skin and make sure it is clean and dry.

The patch should be placed on a different part of the body each day. This will help reduce skin irritation.

Each patch is sealed in a childproof pouch. You will need a pair of scissors to cut the pouch open. Cut along one edge of the pouch with the scissors and carefully remove the patch. Be sure to handle the patch carefully as the nicotine on the sticky side could come off on your hands. This can cause stinging and redness if it gets near your eyes or nose.

To apply the patch remove the clear plastic coating and press the sticky side onto the clean dry skin for about 10 seconds. Run your finger around the edge of the patch to ensure it sticks properly.

If you apply the patch correctly you can shower, bathe or swim without worrying about it coming off.

## Habitrol Gum (4mg)



Habitrol Gum is a proven and effective type of Nicotine Replacement Therapy (NRT). Habitrol Gum allows the smoker to replace the dangerous habit of smoking with a much safer alternative source of nicotine. Habitrol Gum helps you to give up smoking by alleviating the unpleasant symptoms associated with nicotine withdrawal. These symptoms can include anxiety, irritability, headaches, sweating, and mood swings. These withdrawal symptoms are often a disincentive to quit smoking. When you chew Habitrol Gum, small amounts of nicotine become released and are absorbed through the lining of the mouth. This provides the smoker with a controlled way to satisfy the body's craving for nicotine.

Habitrol Gum provides a convenient, flexible course of treatment for smokers who have decided to quit. Habitrol Gum comes in either 2mg or 4mg strength in both mint or fruit flavour. Each pack contains 96 pieces of gum. Follow the recommended chewing technique of chewing and 'parking' the gum in the side of the mouth to ensure its efficiency. If you have decided to kick the smoking habit for good then Habitrol Gum is the product that can help you to achieve this.

GUM: one piece of gum every hour, 12 – 15 pieces per day.