# Using a Nicotine Patch

When you are trying to quit tobacco, getting past withdrawal symptoms can be a challenge.

Stop smoking aids, like the nicotine patch, can help.

You do not need a prescription.

However, some insurance companies will cover the cost of stop smoking aids if they are prescribed.

Follow the directions on your specific patch and try to apply one now.

Step 1. Open the patch. Remove the back of the patch so the sticky side is shown.

Step 2. Apply the sticky side to a clean, dry area on your body without much hair or a tattoo. Try the back of your upper arm, chest, or back. Avoid areas that you bend or stretch often because movement can cause the patch to come off.

Step 3. Hold the patch in place for 10 seconds to make sure that the patch is completely stuck on.

Step 4. Wash your hands with soap and water.

Let's review.

Open the patch. Remove the back of the patch so the sticky side is shown.

Apply the sticky side to the back of your upper arm, chest, or back, as directed.

Hold the patch in place for 10 seconds to make sure that the patch is completely stuck on.

Wash your hands with soap and water.

Apply a new patch each morning, using a new spot every day.  Give each place on your skin 14 days to rest before you reapply a patch to it again.

The nicotine patch can help you taper off your need for nicotine, reducing your feelings of withdrawal and cravings.

If you have questions about the dosage, or how to use your nicotine patch, ask your healthcare provider or pharmacist.

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