



If you have any questions please ring the Stop Smoking Team on 0845 602 3608

## TREATMENT OPTIONS AT A GLANCE

PRODUCT	PATCHES	GUM	SPRAY	INHALATOR	MICROTAB	LOZENGE
TREATMENT PERIOD	10-12 weeks.	At least 4 weeks - then whenever you feel the need.	Up to 8 weeks, then reduce dose by 50% for 2 weeks	As for spray.	Up to 12 weeks.	Up to 12 weeks.
DOSAGE	21mg or 25mg for heavier smokers, 14mg or 15mg for lighter smokers. Choose between 24 and 16hr patches.	4mg for heavy smokers, 2mg for lighter smokers. 10-15 pieces a day.	Dose once or twice an hour as required (don't use more than 64 sprays in 24 hrs).	6 to 12 cartridges per day.	16-24 per day for heavy smokers, 8-12 per day for lighter smokers.	8-12 lozenges per day.
PROS	Very easy to use. Automatically gives the right dose. 24 hr patches can help with early morning cravings.	Easy to regulate dose. Can help stop you over-eating. Gives extra help at difficult moments.	Gives fast relief to heavy smokers. Easy to adjust dose.	Helps keep hands and mouth busy. Easy to regulate dose. Could help prevent over-eating.	Can be used discreetly. Easy to adjust dose. Very few side effects.	Discreet, easy to use and sugar-free.
CONS	24 hr patches may disturb your sleep. Not orally gratifying. Small possibility of skin reaction.	Tricky with dentures. Need to use correctly.	May cause nasal irritation at first. Dependence more likely.	Not so good for heavy smokers. May attract attention when used in public.	Need to use correctly - wasted if swallowed.	May cause initial throat irritation/ indigestion.