



## NicAssist patch

(Nicotine)

Boots NicAssist 15 mg patch

Boots NicAssist 10 mg patch

Boots NicAssist 5 mg patch

This leaflet provides a summary of the information you should know before using this medicine. Please read it carefully and keep it until you have finished your medicine.

If you want to know more about your condition or this medicine, your pharmacist can help.

The name of your medicine is

Boots NicAssist 15 mg patch

Boots NicAssist 10 mg patch

Boots NicAssist 5 mg patch

## What is in this medicine

This pack contains 7 patches. Each transdermal patch contains nicotine 0.83 mg/cm<sup>2</sup> as the active ingredient.

Boots NicAssist 15 mg patch releases 15 mg nicotine over 16 hours.

Boots NicAssist 10 mg patch releases 10 mg nicotine over 16 hours.

Boots NicAssist 5 mg patch releases 5 mg nicotine over 16 hours.

As well as the active ingredient, these patches also contain: Medium molecular weight polyisobutylene, low molecular weight polyisobutylene, polybutylene, non-woven polyester backing film, siliconised polyester release liner.

## Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Pharmacia AB of Helsingborg Sweden.  
Product Licence held by Pharmacia Limited Davy Avenue Milton Keynes MK5 8PH.

## What this medicine is for

This product belongs to a group of medicines called nicotine replacement therapy, which help you stop smoking. It can be used to treat nicotine dependence and for the relief of the withdrawal symptoms that are associated with giving up smoking.

When you stop smoking your body misses the nicotine, which you have been absorbing from the smoke. You may experience unpleasant feelings and a desire to smoke ("craving"). This shows that you were dependent on nicotine. When you apply a Boots NicAssist patch to the skin, nicotine is released and passes into your body through the skin. This nicotine is sufficient to relieve the unpleasant withdrawal symptoms such as restlessness, irritability, headaches, inability to concentrate, light headedness or dizziness.

It will also help to calm the cravings and urges to smoke but will not give you the “buzz” you get from a cigarette.

As well as the effects of nicotine, you could be very attached to the habit of smoking. For example lighting up after a meal or in certain circumstances or when you are with particular people. These rituals are part of your smoking habit, which you may have been doing for many years. To succeed in giving up you should try to avoid situations where you may be tempted to smoke. Think about the times when you are likely to miss smoking most and try to plan how you will cope on these occasions. Changing your routine will help you to break the habit of smoking.

Encouragement and support from your doctor, pharmacist, friends and family can make giving up less stressful and more successful.

## **Before you use this medicine**

These patches can be used by adults over the age of 18 years. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

### **Do not use if:**

- You are a non-smoker
- You are allergic to nicotine or any of the components of the patch
- You are pregnant or breastfeeding, unless advised by your doctor
- You are under 18 years of age, unless advised by your doctor
- You continue to smoke

## Talk to your pharmacist or doctor if:

- You have a history of stomach ulcers
- You have a history of heart or circulation problems including angina, a recent heart attack or stroke, heart rhythm problems, high blood pressure or disease of the blood vessels
- You have sugar diabetes, an overactive thyroid or high blood pressure due to a tumour near your kidney
- You have any skin conditions such as psoriasis, dermatitis or urticaria

## Other important information

You must stop smoking completely when you start to use these patches.

Smoking while using this medicine could lead to high levels of nicotine in your body which could produce symptoms of nicotine overdose, such as nausea and dizziness.

Do not apply more than one patch at a time.

If you are pregnant or breastfeeding you should try to give up smoking without using nicotine replacement therapy, but if this is not possible you should only use this medicine under your doctor's supervision.

Your chances of stopping smoking will be better with help from your pharmacist, doctor, a trained counsellor or a support programme.

Ask your pharmacist for further information about support programmes available in your area.

Please see the additional help and tips at the end of this leaflet.

### **Boots NicAssist patches and other medicines**

Before you use this medicine, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Paracetamol, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline, warfarin, oestrogens, lidocaine, phenacetin
- Insulin
- Adrenergic antagonists (e.g. prazosin, labetalol)

- Adrenergic agonists (e.g. isoprenaline, phenylephrine)
- Propoxyphene, furosemide, ulcer healing drugs such as cimetidine

When you stop smoking your doctor may need to adjust your dose of these medicines.

If you are unsure about interactions with any other medicines, talk to your pharmacist.

### **How to use this medicine**

You must stop smoking completely before using Boots NicAssist patches.

Do not apply more than one patch at a time.

Before applying your patch, choose a completely clean, dry area of hairless skin on the front or side of the chest, upper arm or hip.

It is important that you do not use the same area on two consecutive days to help avoid irritating that site. Avoid placing the patch onto any area of skin that is red, cut or irritated. Do not apply oil or talcum powder to the skin before putting on the patch as this may prevent it sticking properly.

Your patch should be put on first thing in the morning and removed 16 hours later.

Each patch comes in a child resistant sachet, which can be opened by cutting along one edge with a pair of scissors. Remove the patch from its sachet and then remove the clear plastic backing. Apply your patch firmly by pressing the sticky side of the patch to the chosen area of skin. Run your finger around the edge of the patch to ensure it sticks properly. The patch should be removed before you go to bed.

Boots NicAssist patch is not designed to be worn when you go to sleep at night or for more than 16 hours each day.

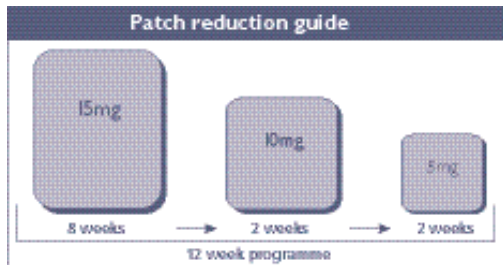
After removal, the patch should be folded in half, sticky side inwards and placed inside the opened sachet or a piece of aluminium foil. The patch should then be disposed of carefully, out of the reach of children or animals.

### **How often to use the patch**

Because smoking is an addiction, you may find it very difficult to give up. You will still have strong urges to smoke but if you follow these recommendations, you have a good chance of quitting.

You should begin treatment with the highest strength 15 mg patch the day after you stop smoking completely. You should use a new 15 mg patch daily for eight weeks.

Then, if you have managed to avoid smoking a cigarette during this period, you should begin to cut down on the amount of nicotine by switching to the 10 mg patch, for two weeks and then the 5 mg for another two weeks, as outlined in the diagram below.



Do not use more than one patch at a time.

If you accidentally use too many patches, or a child has opened or used a patch, remove the patch and contact your doctor or nearest hospital casualty department at once. Take your medicine and this leaflet with you.

### Safe disposal of used patches

After removing the patch fold it in half with the sticky sides together, put it back in the foil sachet (or wrap it in aluminium foil) and throw it away in the bin.

## After you use this medicine

Most people can use this medicine without any problems but sometimes you may notice some side effects, which may include:

- Redness or itching of the skin where the patch was applied (this usually disappears after about 2 days, but if not stop using this medicine and see your pharmacist or doctor)
- Palpitations, bad indigestion (if this happens remove the patch at once, do not smoke and see your doctor as soon as possible)
- Headache, dizziness, impaired concentration, anxiety, muscle pain, increased appetite, nausea
- Tiredness, irritability

These side effects usually disappear after a few days, but if they do not go away talk to your pharmacist or doctor.

If concerned, or if anything else unusual happens, talk to a pharmacist or doctor.

## How to store this medicine

Do not store above 30°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Do not use this medicine after the "Use before" date on the carton and keep it in the original pack.

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If you would like any further information about this product, please contact The Boots Company PLC Nottingham NG2 3AA.



## Helpful tips on giving up smoking

You may have tried to stop smoking before and you know from bitter experience that it's not easy to give up cigarettes. However, you have now taken the first constructive steps towards becoming a non-smoker.

In overcoming your tobacco dependence you will have to tackle two problems:

1. Your smoking HABIT
2. Your ADDICTION to nicotine

## Willpower

The overriding success factor in quitting is how determined you are. The first few weeks of quitting will probably be the most difficult because your smoking ritual is still fresh in your mind.

However, you will find that as time goes by, your willpower becomes stronger. Telling friends, family and work colleagues that you have quit smoking and that you envisage a tough time ahead will encourage them to support you.

### 1. Pick the right day

There is never a perfect time to give up smoking, but you should plan ahead by choosing a date in the not too distant future on which you are going to give up cigarettes completely. This is your Quit Day. Try to pick a day when you will not be too stressed.

## **2. Break your routine**

For a number of years you will have become accustomed to smoking at certain times, with particular people or circumstances. Think about the times you will miss smoking the most and plan how you will cope on these occasions. Changing your routine will help you break the habit of smoking.

## **3. Quit with a friend**

Quitting with a fellow smoker is a good idea. It will strengthen your resolve and build on your determination. Encourage a friend or family member to quit with you. It will give your morale a boost since there will be another person knowing exactly what you're feeling and with whom you can share your determination to quit smoking.

## **4. Remove any temptation**

To help yourself succeed be sure to remove all cigarettes, matches, lighters etc. from the home, the car and at work. Ask your friends and colleagues not to offer you cigarettes or smoke close by you – but be careful not to offend them. Explain that you have given up. This type of support from friends is of greatest benefit for the first couple of weeks of quitting, as this is your most vulnerable time. The last thing you want is a cigarette close at hand in a moment of weakness.

## **5. Take one day at a time**

When you reach your Quit Day, don't allow yourself to think that you're quitting for good. That will make it seem like a superhuman task. Just promise yourself "I won't have a cigarette today", and take it one day at a time. You'll be surprised how much that little thought helps.

## **6. Distract yourself**

Whenever you feel the urge to smoke coming on, distract yourself by keeping active. Don't feel sorry for yourself. Get up and DO something. Do that job around the house or garden that you've been putting off, or take up a hobby. Remember that the craving only lasts a few minutes.

## **7. Learn to relax**

Once you have stopped smoking, taking exercise regularly will not only help you get fitter but will encourage you to relax. Exercise has the ability to relieve stress and tension. Taken regularly it will benefit you physically and psychologically. If you haven't exercised for some time, take it slowly to begin with and increase the amount of time spent exercising over the course of a few weeks.

Not only will exercising help you relax but also helps to keep your weight under control, which some people find a problem when quitting.

## **8. Think cash not ash**

One of the really noticeable benefits of "stopping" is the extra cash that's suddenly available. To emphasise the point put the money into a pot marked "cash not ash" and watch it accumulate. But be sure to use the money to treat yourself. You deserve a REWARD for NOT smoking.

## 9. Dealing with relapses

You might find that in times of stress, reaching for a cigarette is the only thing that will help you through.

There may also be certain situations – particularly social situations such as a party or in the pub – where temptation just gets the better of you, so you smoke one or two cigarettes. You might feel that your only option is to go back to smoking. Don't think of it as having failed, just think through the reasons why you wanted to quit in the first place and don't let those couple of cigarettes get the better of you. Refer back to your plan and start again. You can beat it!

## 10. If you don't succeed

Giving up is more difficult for some people than others. If you fail to stop first time, don't be disheartened.

Try again at a later date – you CAN do it!

Remember the most successful long term ex-smokers have usually had to try several times to stop smoking.....if you don't succeed – quit quit again.