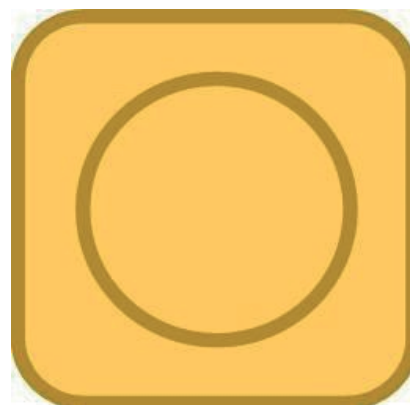


## Nicotine Patch 16 hour

- Change at the same time each day. This tends to be first thing in the morning and remove at bed time.
- Change the site each day, left side one day, then right side, repeat.
- Apply the patch to a clean, dry, hairless area of skin on the front or side of your chest, upper arm or hip.
- Push the patch on for around 10 seconds to help it stick.
- Itching / irritation at the patch site is common at first, if this continues remove the patch and speak with us or your local pharmacy.



If you have any questions about the treatment  
please contact us:

Tobacco Treatment Team  
[sth.tobaccotreatment@nhs.net](mailto:sth.tobaccotreatment@nhs.net)

