Nicotine Patch Quiz

Nicotine patches are available without a prescription. Please read the instructions included with your patches. In addition, we want to be sure you understand how to use them safely and effectively. Like any other drugs, you need to store them in a safe place away from children.

Here are a few questions which cover some important information about the nicotine patch. Please follow the instructions.

True or False: Circle the appropriate answer.

1. I should never smoke while wearing the nicotine patch. True False

2. The nicotine patch must be changed every 24 hours. True False

3. I should put the patch in the same place on my skin every day. True False

4. Nicotine is a harmful drug and can cause serious illness in children or pets. True False

5. I should not swim, exercise or shower while wearing a nicotine patch. True False

Complete the answers to the following questions:

6. The major side-effect of the nicotine patch is __________________________.

7. How do you dispose of a used nicotine patch?

8. What should you do after applying the patch?

9. If you have any questions or concerns about the patch, what should you do?
Answers to Patch Quiz

1. **False** If you slip and smoke while using the patch it might mean that you are not getting enough nicotine to help with withdrawal. Keep using the patch and think about why you needed to smoke and what you could have done instead. Consider having nicotine gum or lozenges available to use instead of smoking.

2. **True** Leaving the patch on for longer than 24 hours can result in skin irritation. It is also designed to release the prescribed amount of nicotine over a 24 hour period and will not be effective after that.

3. **False** Application site rotation is critical to prevent skin irritation. A clean dry, non-hairy area on the upper body (chest, torso, upper back) and upper outer arms can be used.

4. **True** There is 3 to 5 times as much nicotine in a patch in order to deliver the correct amount through the skin. If ingested by children or pets this can be toxic. Fold the patch in half and place in a child and pet safe receptacle.

5. **False** Water will not harm the effectiveness of the patch. Just pat dry. If patch should happen to fall off, apply a new one. Go back to your regular time of application the next day if that works for you.

6. Skin irritation is the most common side effect. Not applying the patch to the same spot over a 7 day period can help to minimize this.

7. Fold the patch and place in the pouch of the new patch. Place in a child and pet safe receptacle.

8. There are 2 things you should do. Hold your hand over the patch for 10 seconds to insure a uniform adherence to your skin. Next you should wash your hands.

9. Call a Tobacco Treatment Specialist or your doctor if you have any questions or concerns.