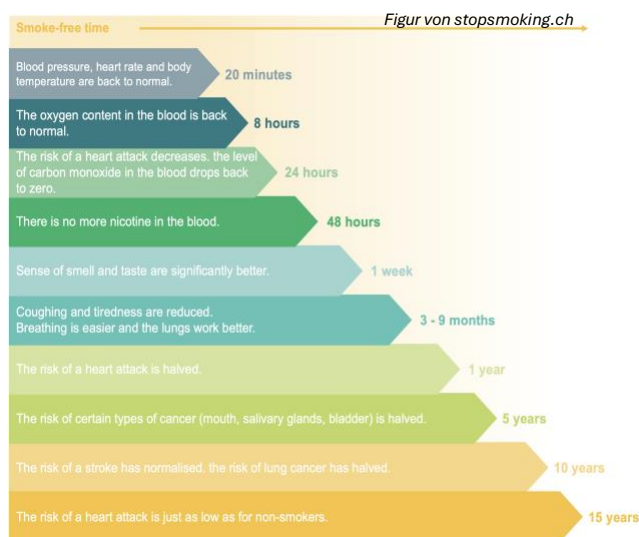


## Recommendations for the safe use of nicotine patches



### Why nicotine patches?

- Tobacco smoking is harmful.
- Quitting smoking will improve your health.



- Nicotine patches are effective to quit smoking.
- They double your chances of successfully quitting smoking.

### Application

- Set yourself a quit date to stop smoking tobacco cigarettes.

#### more than 20 cigarettes per day:

- 1. month: 21mg/24h
- 2. month: 14mg/24h
- 3. month: 7mg/24

#### less than 20 cigarettes per day:

- 1. month: 14mg/24h
- 2. month: 14mg/24h
- 3. month: 7mg/24h

- Apply the patch to a healthy, hairless, dry, and clean area of skin.
- The patch remains on the skin for 24 hours.
- Use a different skin area the next day (same area after 7 days at the earliest).

### Instructions for use

- Keep the nicotine patches out of the reach of **children and adolescents**.
- If you forget to change the patch, do so as soon as possible and apply the next patch at the usual time.
- Do not cut the patches.
- Do not apply more than one patch at a time.

### Side effects

- Potential side effects are: Nausea, vomiting, headache, dizziness, skin reactions

- If you experience any side effects, stop using the patches.
- In case of side effects, contact the study team or your treating physician.
- If you experience any problems with the product, please contact the study team.

### Disposal

- If you want to stop using the patches, you can return them to a pharmacy or the study center.

### Support services:

[www.stopsmoking.ch](http://www.stopsmoking.ch)

Telephone counseling for smoking cessation

0848 000 181

### Study contact:

[ChristofManuel.Schoenenbergr@usb.ch](mailto:ChristofManuel.Schoenenbergr@usb.ch)

**061 265 38 25** (Mo-Fr 8 am-17 pm)

The RETUNE study is conducted by researchers from the University Hospital Basel



