

NRT Support

For Young People

Vapes are highly addictive due to the nicotine they contain. When vaping, the nicotine takes just 10 seconds to travel to the brain, which causes the release of dopamine, known as the feel-good hormone. This effect does not last long. As the nicotine fades, the brain craves another hit of nicotine.

What is NRT?

Nicotine replacement therapy (NRT) can replace some of the nicotine that you would usually get through vaping but in a clean form. It can help to cope with any cravings or withdrawal symptoms that are experienced when quitting vaping. A doctor or pharmacist can discuss the different NRT options, and their side effects, with you.

Combination NRT

Combination NRT means using both a long-acting and a faster-acting form of NRT. The NRT patches are long-acting while the faster-acting NRT is the lozenges, gum, and mouth spray. Using a combination of NRT is safe and has been found to be more effective than using just one form of NRT.



Patch



Lozenges



Gum



Mouth spray

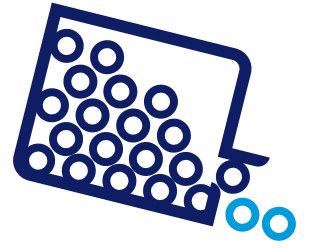
NRT usage can double the likelihood of quitting

NRT Patches

NRT patches provide a slower but steady release of nicotine over a longer time. Patches are applied by sticking onto the skin. The nicotine is then absorbed slowly through the skin. There are 16- and 24- hour patch options. Speak to your doctor or pharmacist about the best patch option for you.

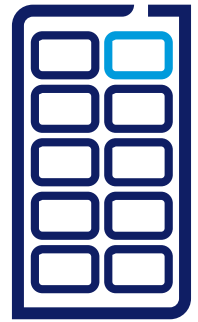
Lozenges

NRT lozenges can help you cope with any intense cravings you may have. The nicotine from a lozenge is absorbed through the mouth and gum. To use, pop one lozenge between your gum and cheek. You can roll it around from time to time until it dissolves completely. This should take about 15 to 20 minutes. There are different strengths of lozenges, so speak to your doctor or pharmacist about the best option for you.



Gum

NRT gum can help you cope with any intense cravings you may have. The nicotine from the gum is absorbed through the mouth and gum. It may look like regular gum but it should not be used in the same way. Instead you should start chewing until you feel a tingling in your mouth. When this happens, place the gum between your gum and cheek. The tingling will go away and once this happens, start chewing again. Continue this process until the gum flavour is gone or your craving has passed.



Mouth spray

NRT mouth spray may not be recommended for you as it can contain a small amount of alcohol. It can help you cope with any intense cravings you may have. The nicotine from the mouth spray is absorbed through the mouth when sprayed. Spray it into the side of your mouth or under your tongue. For best results, do not swallow for a few seconds after you have sprayed it.



Side effects

Each of the NRT products can have side effects, especially if the products are not used correctly. These side effects can make using NRT uncomfortable. As there can be side effects it is very important to utilise NRT with the guidance of a doctor or pharmacist. The Quit website (Quit.org) also has useful information about each of the NRT products that may be helpful for you to understand more about the products.

Quitting is different for everyone