**NICOTINE REPLACEMENT THERAPY (NRT)**

**Nicotine inhalator**

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| Nicotine inhalator     | Each 15mg cartridge lasts for about 10 minutes of intense use before it will need replacing. It is up to the client how they will use each cartridge. Fx: 10 minutes in the morning, and then for six 5 minute sessions later in the day. Once the cartridge is used up it will need replacing. | The number of cartridges they use each day will depend on how much they smoke, what strength their cigarettes are and if they are cutting down or completely quitting smoking. Don’t use more than six 15mg cartridges per day. | Very common  
Headache.  
Throat or mouth irritation.  
Coughing.  
Taste unpleasant at first  
Common  
Blocked nose.  
Dizziness.  
Hiccups.  
Abdominal discomfort.  
Feeling sick.  
Vomiting.  | Hypersensitive to nicotine or any component of the patch.  
Caution  
Cardiovascular disease  
Diabetes mellitus  
People with inflammation of the stomach lining (gastritis), foodpipe (oesophagitis), or mouth and throat.  
People with chronic throat disease.  
People with breathing difficulties such as asthma, emphysema or chronic bronchitis. |

It is very popular among heavy smokers as it mimics the action of smoking to some extent.

Reference: [http://www.netdoctor.co.uk/](http://www.netdoctor.co.uk/)