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NICOTINE REPLACEMENT THERAPY (NRT)

Nicotine inhalator

NRT PRODUCT	DOSIS	LENGTH OF TIME	SIDE EFFECT	CONTRAINDICATIONS
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 (<u>oesophagitis</u>), 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/>