

Type of replacement	How long does it take to feel the full effect?	How much to use	How to use	Advantages	Adverse effects and other considerations
Patch	2 to 6 hours (slow acting)	21 mg in 24 hours OR 25 mg in 16 hours	Apply a patch to clean, dry, hairless skin. Rotate site daily to avoid adhesive build up which can reduce nicotine absorption.	Cost is subsidised by the Pharmaceutical Benefits Scheme [NB1]. Gives a constant supply of nicotine. Using the 24-hour patch can reduce morning cravings.	If you have nightmares with the 24-hour patch, change to using the 16-hour patch. Skin irritation from adhesive might require change of brand. Use the 16-hour patch if pregnant.
Gum	20 minutes (medium acting)	4 mg every 1 to 2 hours as required; to control strong urges, a second piece of gum can be chewed after 30 minutes. Usual maximum dose is 16 pieces in 24 hours.	Chew gum to release flavour and produce a tingling sensation, then park in cheek pouch to absorb nicotine. When tingling stops, repeat the 'chew and park' cycles for up to 30 minutes or until all flavour is gone. Try not to swallow saliva while chewing (swallowing saliva or the gum inactivates the nicotine). Chewing more often or harder doesn't release more nicotine.	Cost is subsidised by the Pharmaceutical Benefits Scheme [NB1]. Keeps mouth busy and engaged. Can be used without others noticing.	Can cause taste changes, throat irritation, hiccups and indigestion.
Inhalator	20 to 30 minutes (medium acting)	Puff from a 15 mg cartridge as required. Usual maximum dose is 1 cartridge per hour and 6 cartridges in 24 hours.	Place cartridge in tube to pierce it and access nicotine. Breathe normally or puff through the plastic tube. A cartridge that is being regularly used will last about 40 minutes.	Allows for the familiar experience of smoking.	Cost is not subsidised by the Pharmaceutical Benefits Scheme. Can cause cough, taste changes and throat irritation.
Lozenge	20 minutes (medium acting)	4 mg every 1 to 2 hours as required. To control strong urges, a second lozenge can be sucked after 30 minutes. Usual maximum dose is 16 lozenges in 24 hours.	Keep the lozenge in the cheek pouch (where absorption occurs) to get maximal absorption. Try not to swallow saliva while the lozenge is dissolving (swallowing saliva or the lozenge inactivates the nicotine). Crunching or hard sucking of the lozenge doesn't release more nicotine.	Cost is subsidised by the Pharmaceutical Benefits Scheme [NB1]. Keeps mouth busy and engaged. Can be used without other people noticing.	Can cause taste changes, throat irritation, hiccups, indigestion.
Mist spray	10 minutes (fast acting)	1 to 2 sprays every 15 minutes as required Usual maximum dose is 4 sprays per hour (or 64 sprays in 24 hours)	Spray under the tongue, avoiding the lips. Do not inhale or swallow while spraying. Approximately 140 sprays are in each unit.	Rapid action, most closely mimicking nicotine effect from cigarette.	Cost is not subsidised by the Pharmaceutical Benefits Scheme. Can cause hiccups, increased salivation, throat irritation.

NB1: The Pharmaceutical Benefits Scheme subsidises the use of one form of NRT at a time; to use combination NRT will require addition of unsubsidised form(s).

Adapted from the Albany Psychiatric Unit (Western Australia) patient information sheet on correct use of nicotine replacement, 2022.