

Nicotine Strips

- Nicotine strips are mint flavoured oral films available in 2.5mg strength
- Strips are placed on the tongue and then allowed to dissolve, which takes about three minutes
- Recommended use is one film every 1-2 hours, up to 15 per day
- The recommended treatment is for 12 weeks

Side Effects

The common side effects associated with the nicotine strips are:

- Nausea
- Indigestion
- Stomach discomfort
- Mouth discomfort

Warning smokers of the initial effects of the strips beforehand, and getting them to practice using them before their quit date, can be helpful

Cautions and contraindications

Nicotine strips are contraindicated in those with hypersensitivity to any component of the oral film and children under the age of 12.

Nicotine strips should be used with caution in patients with:

- Cardiovascular disease
- Diabete mellitus
- Oesophagitis, gastric or peptic ulcers
- Renal or hepatic impairment
- Pheochromocytoma
- Uncontrolled hyperthyroidism
- Chronic throat disease
- Bronchospastic disease