

NRT Implementation

- Patient Q & A Sheet

How can I get subsidised NRT?

You can get subsidised NRT on prescription or on a Quit Card. Your doctor can prescribe you with NRT. You can also call the national free-phone Quitline on 0800 778 788 or see your local smoking cessation service to request a Quit Card.

Where can I get NRT from?

You can take your prescription for NRT or Quit Card into your usual pharmacy, your pharmacist will give you your NRT. One Quit card will entitle you to two 4-week supplies of NRT. You will need to return to the same pharmacy to receive your second supply of NRT so make sure to go to a pharmacy that you use often or is close by.

How much will it cost me?

The cost of NRT will vary between pharmacies, depending on their additional fees. Most of the time, you will pay \$3.00. Talk to your pharmacist about any additional payments.

Are there any side effects?

All medicines have side effects. Nicotine patches, gum and lozenges are very safe and serious side effects are uncommon. Some common side effects include:

- Slight reddening and itching of the skin when using the patch - Changing the area you apply the patch to everyday can help reduce this;
- Slightly irritated mouth and throat from gum or lozenges;
- More saliva (spit) than usual from gum or lozenges.

What do I do if I get a reaction from NRT?

If you are concerned with any side effects or reactions from using your nicotine replacement therapy, talk to your pharmacist or your doctor. Alternatively, you can also call the Quitline or talk to the person who gave you your Quit Card.

Where can I get further information from?

If you would like further information about NRT or about trying to quit smoking, you can call the Quitline, talk to your local health provider, or look at the following websites:

Ministry of Health – www.moh.govt.nz

The Quit Group – www.quit.org.nz

Aukati Kai Paipa - www.aukati.org.nz

