

CONTINUING NICODERM CQ, USE THE FOLLOWING GUIDELINES...

- You are currently on **Week 8**; therefore, you should have been using nicotine patch for **3 weeks** so far.
- Continue to use **14 mg** nicotine patch every day for **3 more weeks**.
- Then you will decrease the dose to **7 mg** and wear this patch every day for **2 weeks** and then **stop**.

Step 1	Step 2
Use one 14 mg patch a day	Use one 7 mg patch a day
(6 weeks total)	(2 weeks total)

“Completing the full program will increase your chances of quitting successfully.”