

CONTINUING 14 MG NICOTINE PATCHES, USE THE FOLLOWING GUIDELINES...

What you've completed:

STEP 1 - You've been using the 14 mg nicotine patch every day for 2 weeks so far.

What's next:

STEP 2 - Continue to use the 14 mg nicotine patch every day for 4 more weeks.

STEP 3 - You will then decrease the dose to 7 mg and wear this patch every day for 4 weeks and then **stop**.



STEP 1	STEP 2	STEP 3
Use one 14 mg patch a day	Use one 14 mg patch a day	Use one 7 mg patch a day
(2 weeks total)	(4 weeks total)	(4 weeks total)

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