



CDC's Nicotine Replacement Therapy (NRT) Videos

CDC Video	Description of the Video	QR Code & Link to Watch
<p><i>CDC's How to Use a Nicotine Patch to Quit Smoking</i> video</p>	<p>The nicotine patch is an FDA-approved medicine that can help people quit smoking. It can be used daily by itself to control withdrawal symptoms, or it may be used with nicotine gum or lozenge which are taken as needed for strong cravings. This video offers step-by-step instructions on how to use the nicotine patch by itself.</p>	<div data-bbox="1556 428 1839 704" data-label="Image"> </div> <p><u>How to Use a Nicotine Patch to Quit Smoking</u></p>
<p><i>CDC's How to Use a Nicotine Lozenge to Quit Smoking</i> video</p>	<p>The nicotine lozenge is an FDA-approved medicine that can help people quit smoking. It can be used every 1-2 hours by itself to control withdrawal symptoms (up to 20 pieces per day), or it may be used as needed for stronger cravings when used in combination with a nicotine patch. This video offers step-by-step instructions on how to use the nicotine lozenge by itself.</p>	<div data-bbox="1556 823 1839 1099" data-label="Image"> </div> <p><u>How to Use a Nicotine Lozenge to Quit Smoking</u></p>

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CDC Video	Description of the Video	QR Code to Watch
<p><i>CDC's How to Use Nicotine Gum to Quit Smoking</i> video</p>	<p>The nicotine gum is an FDA-approved medicine that can help people quit smoking. It can be used every 2 hours by itself to control withdrawal symptoms, or it may be used as needed for stronger cravings when used in combination with a nicotine patch. This video offers step-by-step instructions on how to use the nicotine gum by itself.</p>	 <p><u>How to Use Nicotine Gum to Quit Smoking</u></p>
<p><i>CDC's How to Combine Nicotine Replacement Therapies to Quit Smoking</i> video</p>	<p>The nicotine patch, gum, and lozenge are FDA-approved medicines that can help people quit smoking. The nicotine patch can be used with nicotine gum OR lozenge to control withdrawal symptoms and the urge to smoke. This combination of medicines can increase your chance of staying quit. This video offers step-by-step instructions on how to use a nicotine patch with nicotine gum or lozenge.</p>	 <p><u>How to Combine Nicotine Replacement Therapies to Quit Smoking</u></p>