



QUIT PRODUCTS

HOW THEY WORK AND HOW TO USE THEM

Nicotine Replacement Therapy (NRT) helps you quit smoking or vaping by giving you small amounts of nicotine without the harmful chemicals in cigarettes or vapes. This can help reduce cravings and withdrawal symptoms.

We recommend you call the **Quitline on 137848** for support and talk to your doctor if you're taking other medications, have heart or brain-related issues, kidney or liver disease, diabetes, a stomach ulcer or are pregnant or breastfeeding.



SUPPORTING OUR
COMMUNITIES WITH

CARE, RESPECT & CULTURAL SAFETY

ASG is a not-for-profit organisation providing care and support to individuals, families, and communities who wish to lead a drug and alcohol-free lifestyle. We offer culturally appropriate pathways away from grief, loss, trauma, and substance misuse, with services across Adelaide, Murray Bridge, and the Riverland.

CONNECT WITH US

For more information about our services or to make a referral, please contact:

Corporate Services:

94 Grand Junction Road, Kilburn SA 5084

Mailing Address:

PO Box 7306 Hutt Street, Adelaide, SA 5000

Email: reception@asg.org.au

Website: www.asg.org.au



Scan the QR code to visit our Facebook page and read about our stories out in the community



**Aboriginal
Sobriety
Group**

INDIGENOUS CORPORATION
ICN 8376

Nicotine replacement therapy products

that can help you quit
smoking or vaping



PHONE: 08 8223 4204

Email: reception@asg.org.au



HOW TO USE NICOTINE PATCHES

1. Choose a patch with advice from a health worker
2. Stick the patch to a clean, dry and hairless part of your skin. Some examples are your upper arm, chest, back or foot.
3. The 16 hour patches are worn for the day and 24 hour patches day and night
4. Put on a new patch the next day. Use a different area of skin each day for best results

If you still feel like smoking, use one of the other products with the patch.

HOW TO USE NICOTINE LOZENGES

1. Move the lozenge to the inside of your cheek or gum.
2. From time to time, move the lozenge from cheek to cheek, until it dissolves. Do not chew, suck or swallow the lozenge.



HOW TO USE MOUTH SPRAY

1. To open, press the child-lock button at the back and push it up.
2. Spray it under your tongue or into the inside of your cheek. Do not spray the back of your throat.
3. Do not swallow saliva for a few seconds after spraying for best results.



HOW TO USE NICOTINE GUM

1. Chew the gum slowly. When you feel a tingling sensation, park the gum under the tongue or between your gum and cheek
2. When the tingling stops, chew a couple of times and park it under your tongue or
3. Repeat the 'park and chew' method for **30 minutes** or until the flavour is gone.

