

# Nicotine Patch Instruction Sheet

## 尼古丁貼片使用須知

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### **Nicotine patches:** 尼古丁貼片

You can buy the patch without a prescription, or if you have Medicaid insurance coverage it's free with a prescription from your doctor. To start you off I can give you a free 2-week supply.

購買尼古丁貼片不需要處方,但如果你有醫療照顧卡,持醫生處方則無須付費。我可以先給你兩個星期的貼片試用。

### **How do I use the Nicotine Patch?** 如何使用貼片？

- Use only one patch each day and wear it all day. Apply the patch immediately after removing it from its protective pouch. This stops the evaporation and loss of nicotine from the patch.  
一天一片,但要貼一整天。取下保護膜後要迅速貼上,以免貼片上的尼古丁蒸發。
- Put the patch on a clean, dry area of skin on your upper body that isn't covered with hair, such as your upper arm, back or side.  
將貼片貼在上身乾淨、乾燥的部位,如上臂,背部或身體側面,不能被頭髮蓋住。
- Rotate the location of the patch every day to avoid skin rash  
每天貼在不同部位,以免皮膚過敏
- Continue using the patch for 12 weeks  
連續使用 12 週

### **Side Effects:** 副作用

- Skin irritation or rash – stop using if you develop a severe skin rash  
皮膚發炎或過敏 - 如果皮膚過敏嚴重,停止使用
- Vivid dreams: If you have vivid dreams that make it difficult to sleep do not sleep with the patch on.  
多夢: 如果做夢影響睡眠,睡覺時取下貼片
- Headache 頭疼
- Every medicine may have side effects. If you have side effects that bother you or don't go away, tell your doctor. 任何藥物都可能有副作用。如果副作用對你產生的不良影響持續不退,請跟你的醫生溝通。

### **Talk to your Doctor if you develop:** 如有以下狀況發生,需要去看醫生：

- Severe skin irritation or discoloration 嚴重的皮膚感染或皮膚變色
- Irregular heartbeats or palpitations 心律不齊或心悸
- Severe chest pain or tightness 嚴重的胸痛或胸悶
- Severe nausea and vomiting 嚴重惡心和嘔吐