Did you know that using nicotine replacement therapy products can increase your chances of quitting for good and you can use more than one product at a time?

Talk to your doctor or health practitioner about what might be best for you.

What are the options?

**Patches**
They’re worn on your skin, and slowly release nicotine. Patches are cheaper with a prescription from your doctor.

**Gum**
Unlike regular gum, nicotine gum works by chewing and then placing in the side of your mouth.

**Lozenges**
As the lozenge dissolves, nicotine is absorbed through the lining of your mouth.

**Mouth spray**
Relieves cravings the fastest. Aim and spray onto the inside of your cheek or under your tongue.

**Inhalator**
Releases nicotine into your mouth when you inhale it. Mimics the hand-to-mouth habit of smoking.

Give yourself the best possible chance of success by using nicotine replacement therapy products as well as a support service such as Quitline (13 7848).