

Tackling Tobacco

Nicotine Replacement Therapy

What is NRT?

NRT is an abbreviation for Nicotine Replacement Therapy, which is a tool to help you quit smoking. NRT is available in Australia in the form of patches, gum, lozenges, inhalators and mouth spray.

Why use NRT to quit smoking?

Using NRT will help to reduce cravings and nicotine withdrawal symptoms such as irritability, anxiety, depression and restlessness. NRT replaces the nicotine you would normally get from smoking tobacco, without all the harmful chemicals. NRT will also help reduce your chance of slip-ups on the quitting journey.

How do I use NRT?



Wear a patch on your skin to release nicotine slowly throughout the day



Use an oral form of NRT to quickly relieve cravings

What will give me the best chance of success?

- Use a combination of a patch and an oral form of NRT together to increase your quit success. Combination NRT is more effective than using only one type of NRT.
- Give yourself the best chance of quitting, and staying quit, by using both combination NRT and calling NSW Quitline.

How long should I use NRT for?

You should use NRT for at least 12 weeks for the best results. You can use NRT for as long as you need to feel sure you can stay smoke-free. A period of two weeks without cravings, withdrawal symptoms or strong temptations to smoke is often a good indication that someone is ready to stop NRT.

Is NRT safe to use?

NRT is safe to use by most people, but some product types may be preferred over others in some situations.

Side effects may occur in some people, but are usually very mild and don't last long. Many of the side effects can be dealt with by using the NRT products differently or in the correct way.

Speak to your doctor about NRT as they can help you choose the best option for you. It is safer to use NRT than continue to smoke.

There is less nicotine content in NRT compared to cigarettes. All forms of NRT deliver nicotine much more slowly than cigarettes. This means that it is unlikely you will become addicted to NRT.

"It made a big difference for me, personally. I wouldn't have tried [NRT] without Tackling Tobacco"

Consumer with lived experience

Where can I go to for more support?

Talk to your support worker or health professional



- They can give you information on NRT and other support available.

Call NSW Quitline on 13 7848



- They can help you build a quit plan, discuss medications and connect you to other resources to help you quit.

Talk to your local Aboriginal health service



- Talk to your Aboriginal Medical Service or Aboriginal Community Controlled Health Organisation about accessing free or subsidised NRT.



Aboriginal Respect Symbol. Designed by Marcus Lee Design for Cancer Council NSW.



Cancer Council
Tackling Tobacco

What are the different NRT options?

Patch	More than 10 cigarettes per day and weight more than 45kg	Less than 10 cigarettes per day or weight less than 45kg or cardiovascular disease
Strength	21mg / 24 hr patch OR 15mg / 16 hr patch	14mg / 24 hr patch OR 10mg / 16 hr patch
Duration	At least 12 weeks	At least 12 weeks
Package cost	\$25 for 28 days – adult with prescription	\$7.70 for 28 days – concession with prescription
Approx. cost per week*	\$6.25	\$1.93
PBS subsidised?	Yes	Yes

Gum	First cigarette <i>within</i> 30 minutes of waking	First cigarette <i>after</i> 30 minutes of waking
Strength	4mg gum, 6-10 pieces per day	2mg gum, 8-12 pieces per day
Duration	At least 12 weeks	At least 12 weeks
Package cost	\$49.99 for 150 gum pieces	\$49.99 for 150 gum pieces
Approx. cost per week*	\$23.32	\$27.99
PBS subsidised?	No	No

Inhalator~	Assessed as nicotine dependent^	
Strength	15mg cartridge, 6-12 cartridges per day	
Duration	At least 12 weeks	
Package cost	\$14.99 for 4 cartridges and 1 mouthpiece	\$47.99 for 20 cartridges and 1 mouthpiece
Approx. cost per week*	\$314.79	\$201.56
PBS subsidised?	No	

Lozenge	First cigarette <i>within</i> 30 minutes of waking	First cigarettes <i>after</i> 30 minutes of waking
Strength	4mg lozenge, 1 lozenge every 1-2 hours	2mg lozenge, 1 lozenge every 1-2 hours
Duration	At least 12 weeks	At least 12 weeks
Package cost	\$61.99 for 8x 20 pack (total 160 lozenges)	\$61.99 for 8x 20 pack (total 160 lozenges)
Approx. cost per week*	\$40.86	\$40.86
PBS subsidised?	No	No

Mouth Spray	Assessed as nicotine dependent^	
Strength	1mg per spray	
Duration	At least 12 weeks	
Package cost	\$47.50 per spray pump with 150 doses	
Approx. cost per week*	\$141.87	
PBS subsidised?	No	

* based on the highest recommended dosage rate to be conservative. Prices estimated in January 2025.

^ smokes more than 10 cigarettes per day, smokes first cigarette within 30 minutes of waking, and/or has experienced strong cravings in previous quit attempts

~ the manufacturer has discontinued nicotine inhalators, however they may still be available to buy at some retailers

Our Tackling Tobacco team are here to help. To speak to a member of our team, call **02 9334 1911** or email us at tacklingtobacco@nswcc.org.au.
Alternatively, visit our [website](#) for further information on the Tackling Tobacco program.

