How do they work?

NRT replaces some of the nicotine you usually get from cigarettes. This helps reduce cravings and feelings of withdrawal.

NRT works best with people who show signs of nicotine addiction, like:

- you smoke your first cigarette within 30 minutes of waking up
- you smoke more than 10 cigarettes a day
- you have cravings and feelings of withdrawal when you stop smoking.

What's the best way to use NRT?

For most people NRT works best when patches are used together with a faster-acting type of NRT such as lozenges, gum or mouth spray.

Talk to your pharmacist or doctor about:

- which type of NRT may work best for you
- the right dose of NRT for you and
- how to use them correctly.

You will be more likely to succeed with the faster-acting types of NRT if you use them regularly throughout the day as well as when you have cravings.

You don't need to stop using your NRT if you have a cigarette. It is safe to keep using NRT while you try to stop smoking provided you reduce the amount you smoke.

What support can help me to quit?

The best help to stop smoking is to use quitting medicines such as nicotine replacement therapy

+

talk with Quitline (13 7848) for practical support that suits you.

Quitline counsellors can help build your motivation and skills to help you break free from smoking, vaping or using other nicotine products. Quitline is free and confidential.

Your doctor or pharmacist can also talk to you about which quitting medicines would suit you best.

If I want help quitting, I can:

Call: Quitline 13 7848

Request a free callback: quit.org.au/callback

Go to: quit.org.au/quitline for webchat, SMS, WhatsApp or Messenger

Talk to a health professional: my doctor, pharmacist or other health provider

Visit: quit.org.au for tips, tools and resources on quitting

Quitline 13 7848 | **quit.org.au**

Quit™

Thanks to EACH, NorthWestern Mental Health, and Orygen Youth Health for helping to develop the initial version of this resource.

This information is for general use only: please consult your health professional for further advice.

A partnership between:

VicHealth | Cancer Council Victoria | Victoria State Government

10/2026 © 2026

Nicotine patches, lozenges & more

Quit™



How nicotine replacement therapy (NRT) can help you stop smoking

Quitline 13 7848 | **quit.org.au**

Did you know that you are more likely to stop smoking and stay quit when you use nicotine replacement therapy (NRT)?

NRT:

- works best when you use it together with Quitline
- is less addictive than smoking cigarettes
- is safe to use for most adults trying to stop smoking
- is sold in pharmacies and most supermarkets.

Also, your doctor can prescribe other quitting medications for you. Talk to your doctor or pharmacist about what may work best for you.

Talk to your doctor if you are pregnant or breastfeeding and want to use NRT.

Smoking can affect how some medications work. It's important to talk with your doctor or pharmacist as they may need to look at your medications when you stop smoking.



Patches

They are worn on your skin and slowly release nicotine.

+

Lozenges

As the lozenge dissolves, nicotine is absorbed through the lining of your mouth. Do not chew or swallow the lozenge.

or

Gum

Unlike regular gum, nicotine gum works by chewing and then parking it in the side of your mouth. When its peppery taste fades, chew it again.

or

Mouth spray

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



NRT doesn't cost as much as you think

Nicotine patches are cheap (and in some cases free) with a script from your doctor.

---

4 weeks of nicotine patches on a script from your doctor with concession

= **less than $8.**

---

4 weeks of nicotine patches on a standard script from your doctor

= **up to $25.**

Nicotine patches under the 'Closing the Gap scheme' for First Nations people are **free** with concession. If you don't have a concession card, they cost less than $8 for 4 weeks of patches.

Buying NRT without a script from your pharmacy or supermarket still costs **less** than smoking.

$