

The Children's Hospital of Philadelphia

34th Street and Civic Center Boulevard
Philadelphia, PA 19104-4399
215-590-1000

www.chop.edu

Name _____ Date _____

D.O.B. _____



Nicotine Patch: 21mg

Apply 1 patch for 24 hours each day

Dispense 2-month supply

Use Tip:

Patch will give constant withdrawal relief for 24 hours. (If patch affects sleep, take off before going to bed.)

Use the Gum to help with any breakthrough cravings.

Using the Patch plus the Gum can double your chance of quitting.

Nicotine Gum: 4mg

Chew 1 piece every 1 hour as needed to help with cravings

Dispense 2-month supply

Use Tip:

Chew it until you feel a tingle; park it between your cheek and gum until you are ready to chew again. Repeat this cycle for 30 minutes.

Refill: 3

Provider Name _____ Lic # _____

Provider Signature _____