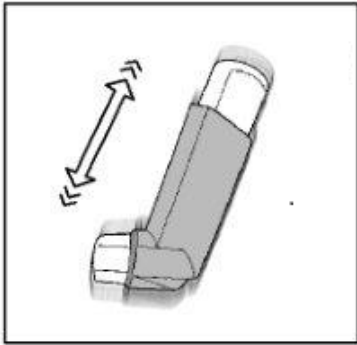


Inhale

Why Smoke when you can Inhale?

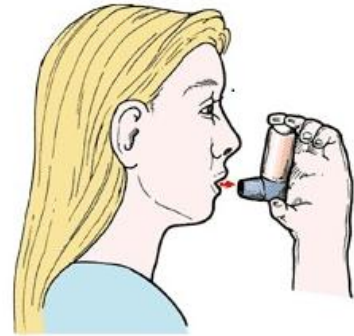
How to enjoy your Inhaler

1.



Shake the Inhaler up and down vigorously for 5 seconds.

2.



Breathe out for a few seconds. Hold Inhaler between thumb and index finger.

3.



Tilt your head back slightly and place mouthpiece in your mouth with your lips forming a good seal.

4.



Start to breathe in slowly through your mouth. Just as you start breathing in, press down on the canister. Keep breathing in slowly until you have taken a big breath.

5.



Hold your breath for 5 seconds.

6.



Wait at least 30 seconds before having another puff.

Position the canister in the plastic holder – just jiggle it a bit until it sits snugly. Phone or email us if you need a replacement. Wash your plastic holder (remove canister first) with warm soapy water at least once a week. If you place the canister in a cup of water and it floats, it is almost empty.

Always use The Inhaler before lighting up. Get into the habit of enjoying your Inhaler.

******Safety: Please keep your inhaler out of reach of children and asthma users******

How to use your patches

Patches work by releasing a small continuous amount of nicotine into your body which not only helps reduce withdrawal symptoms from nicotine, but reduces the craving for cigarettes.

In order to get the best out of your patch:

- Apply to a clean, dry, hairless part of your skin and hold your hand firmly over the patch for 10-20 seconds.
- Apply a new patch at the same time every day, (usually mornings), to a different area of your body to ensure you give your skin a rest from nicotine.
- Although water resistant, most people usually apply after their morning shower.
- Avoid oily skin lotions around the area you plan to put on your patch, to prevent the patch falling off.
- Keep the patch on for 24 hours. If you experience sleep disturbance, this may settle down after a few days. If not then remove the patch at night.
- You may experience some side-effects from the patches, with the most common being localised mild skin irritation and sleep disturbance. Contact your research clinician if the side effects become problematic.
- Please discard your used patches responsibly as they are toxic to small children & pets.

