

CONTINUING NICODERM CQ, USE THE FOLLOWING GUIDELINES...

- You are currently on **Week 8**; therefore you should have been using patches for **3 weeks** so far.
- Continue to use **21 mg** patches every day for **3 more weeks**.
- Then you will decrease the dose to **14 mg** and wear this patch every day for **2 weeks**.
- You will decrease the dose again to **7 mg** and wear those for **2 weeks** and then **stop**.

STEP 1	STEP 2	STEP 3
Use one 21 mg patch a day	Use one 14 mg patch a day	Use one 7 mg patch a day
(6 weeks total)	(2 weeks total)	(2 weeks total)

“Completing the full program will increase our chances of quitting successfully.”