

	Artwork 26/03/15
	Job: 506059 aj
Printer: Greenodot Xiradakis	
Print Process: Litho	
Version: SKU Code:	
4	20538/20539/20537/20536
GlaxoSmithKline AIP for Consumer Healthcare	
Factory component code: 31031023	
Project Name: Project CH Reward	
Manufacturing Site: Famar Avlona 48 - Greece	
Market: Ireland-IRL	
GSK Job Description: GlaxoSmithKline NiQuitin Patch 7mg / 14mg / 21mg Leaflet Ireland-IRL	
Barcode Number:	
Pharma Number: 943	
Pack Type: Leaflet	
Substrate: Paper	
List Colours: <small>(Indicate sample in fields provided e.g. spot / spot/CMYK equivalent)</small>	No. of Colours: 1 <small>(Does NOT include black, or registration)</small>
K	
Colour Standard Reference Number: Not Applicable	
Technical Reference No(s): L629D003/05 <small>(do NOT include the technical reference doc(s) version no(s))</small>	
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180 mm Measuring Bar

943



↑ 1st Bar/Left Hand Bar

FRONT L629D003/05

TOP

Package leaflet information for the user

NiQuitin®

7mg, 14mg, 21mg/24hrs
Transdermal Patches

Nicotine

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your healthcare professional has told you.

- Keep this leaflet. You may need to read it again.
- Ask a healthcare professional e.g. doctor, nurse, smoking cessation adviser or pharmacist if you need more information or advice.
- If you get any side effects talk to your healthcare professional. This includes any possible side effects not listed in this leaflet.
- Throughout this leaflet **NiQuitin** transdermal patches are referred to as **NiQuitin**.

What is in this leaflet:

- What **NiQuitin** is and what it is used for
- What you need to know before you use **NiQuitin**
- How to use **NiQuitin**
- Possible side effects
- How to store **NiQuitin**
- Contents of the pack and other information

1. What NiQuitin is and what it is used for

NiQuitin is used to help people stop smoking. This type of treatment is called Nicotine Replacement Therapy or NRT. **NiQuitin** comes in three strengths, each strength comes in its own pack.

Step 1: NiQuitin 21mg/24hrs transdermal patches; contain 114 mg of nicotine and deliver 21 mg of nicotine over 24 hours.

Step 2: NiQuitin 14mg/24hrs transdermal patches; contain 78 mg of nicotine and deliver 14 mg of nicotine over 24 hours.

Step 3: NiQuitin 7mg/24hrs transdermal patches; contain 36 mg of nicotine and deliver 7 mg of nicotine over 24 hours.

It is the nicotine in cigarettes that can make you physically addicted to them.

- NiQuitin** helps you to give up smoking by replacing some of the nicotine you get from cigarettes.
- When you put on **NiQuitin**, it slowly releases nicotine into the body.
- The nicotine relieves some of the unpleasant symptoms that smokers may have when they try to give up. These include feeling ill or irritable.
- The nicotine can also relieve your cravings for a cigarette and help you to resist the urge to smoke.

NiQuitin does not have the health dangers of tobacco. This is because it does not contain the tar, carbon monoxide or other toxins in cigarette smoke. Some people worry that after stopping smoking they may become dependent on the nicotine patches instead. This is very rare, and if it did happen, it is less harmful to you than continuing to smoke. It is also an easier habit to break.

Your chances of stopping smoking will be improved if you take part in a support programme. These "stop smoking programmes" are known as behavioural support. For information on stop smoking programmes, please talk to a healthcare professional. You can also call the National Smoker's Helpline on 1800 201 203 or visit www.quit.ie.

There are no health benefits to smoking. It is always better to give up smoking. Using NRT like **NiQuitin** can help. In general, any possible side effects associated with NRT are far outweighed by the well known dangers of continuing to smoke.

2. What you need to know before you use NiQuitin

Do not use NiQuitin:

- if you are allergic to nicotine or any of the other ingredients of this medicine (listed in section 6).
- if you are a non-smoker, an occasional smoker or under the age of 12 years.

Warnings and precautions

Talk to your healthcare professional before using **NiQuitin**:

- if you are in hospital because of a heart attack, severe heart rhythm problems or a stroke** you should try to quit smoking without using any NRT products unless your doctor tells you to use them. Once you are discharged from hospital, you can use NRT as normal.
- if you have diabetes** you should monitor your blood sugar levels more often than usual when starting **NiQuitin**. Your insulin or medicine requirements may change.

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BOTTOM

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1st Bar ↑

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DIRECTION OF COMPONENT TRAVEL

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360mm

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TOP

Use in children and adolescents
Adolescents (12-17 years inclusive)

You should follow the instructions above but you should only use the patches for 12 weeks in total. If you feel the need to use **NiQuitin** for longer than 12 weeks, you should talk to a healthcare professional for advice.

Do not exceed the stated dose.

Children under 12 years

Children under 12 years of age should not use **NiQuitin**. Talk to a healthcare professional if you are:

- worried that you may start smoking again
- finding it difficult to stop using the patches completely.

If you do start to smoke again, they can advise you on how to get the best results from further courses of NRT.

How to apply your patches

It is important to choose a clean, dry and hairless area of skin on which to position the patch, to make sure that it sticks properly. Avoid areas where the skin creases (such as over a joint) or where the skin folds when you move. Also avoid skin which is red, broken or irritated.

- Do not remove the patch from its sealed protective sachet until you are ready to use it.
- Cut open the sachet along the dotted line, taking care not to damage the patch inside.
- Take out the patch carefully. A clear, protective liner covers the sticky side of the patch - the side that will be put on your skin.
- With the sticky side facing you, pull half the liner away from the patch starting at the middle. Hold the patch at the outside edge (touch the sticky side as little as possible) and pull off the other half of the protective liner.
- Immediately apply the sticky side of the patch to your skin. Press the patch firmly on to your skin with the palm of your hand for at least 10 seconds. Make sure it sticks well to the skin, especially round the edges.
- When applying the patch, avoid touching the eyes and nose. When you have finished, always wash your hands with water only. Do not use soap which may increase nicotine absorption. Water will not harm the patch, if it has been applied properly. You can bathe, swim or shower for short periods while you are wearing the patch.

How to change your patches

A new patch should be applied once a day and at about the same time each day, preferably soon after waking. Leave each patch in place for 24 hours, and always choose a different area of skin on which to place the new patch. Do not reuse the same skin site for at least seven days.

Disposal of your patches

When you take off a patch, fold it in half with the sticky side inwards and place it in the sachet from which you have just taken your new patch. Throw the sachet containing the used patch away carefully, making sure it is out of the reach of children or pets.

NiQuitin generally sticks well to most people's skin. However, a patch may occasionally come off. If your patch falls off during the day, put on a new patch, making sure you choose a different non-hairy skin site that is clean and dry. Then go on as before. If you wish, the patch can be removed before you go to bed (after about 16 hours) and a new one put on when you wake up. However, removing the patch after 16 hours will reduce its effectiveness in relieving the urge to smoke, felt by some smokers, upon waking.

If you use more patches than you should

If you use too many patches at once you may start to feel sick, dizzy and unwell. Remove all patches and wash and dry the skin with water only (no soap). Get advice straightaway from a doctor or hospital casualty department. If possible show them the packet or this leaflet.

The patches are not suitable for children under 12 or non-smokers. If the patches are used by children or non-smokers, they may show signs of nicotine overdose. These include headache, sickness, stomach pains and diarrhoea. If a child has stuck a patch on themselves or eaten one, remove any patches from the skin and wash with water only (no soap) then dry. Contact your doctor or nearest hospital casualty department straightaway. If possible show them the packet or this leaflet.

If you forget to use NiQuitin

If you forget to change your patch at the usual time, change it as soon as you remember. Then go on as before.

If you stop using NiQuitin

If you stop using this medicine before the recommended time you may feel the urge to smoke again.

If you have any further question on the use of this medicine, ask your healthcare professional.

4. Possible side effects

Like all medicines this medicine can cause side effects, although not everybody gets them.

At the recommended doses **NiQuitin** has not been found to cause any serious side effects.

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1st Bar ↑

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DIRECTION OF COMPONENT TRAVEL

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	Dimensions: 180 x 360 mm	
	Factory: Catalent	
	Component: Leaflet	
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