



## How to use nicotine replacement therapy (NRT)

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**Available Online:** View Pamphlet

**Corporate Author:** Nova Scotia Health Authority. Mental Health and Addictions  
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Nova Scotia Health Authority. Occupational Health Safety and Wellness

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**Subjects (MeSH):** Smoking Cessation  
Tobacco Use Cessation Devices

**Subjects (LCSH):** Smoking cessation  
Smoking cessation products

**Abstract:** Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about nicotine replacement therapy options such as the nicotine patch, nicotine gum, nicotine lozenges, and nicotine inhaler.

**Responsibility:** Prepared by: Mental Health & Addictions, Respiratory Therapy, Pharmacy Services, Occupational Health Safety & Wellness

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## About Nova Scotia Health's smoke and tobacco reduction policy

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**Specialty:** Hospitals

**Abstract:** Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about smudging ceremonies, stopping smoking, referral to Tobacco Free Nova Scotia (TFNS), and what to do if you decide you are ready to try to quit tobacco. Contact information for TFNS and the Stop Smoking Program is provided. The French version of this pamphlet 1548, "Politique de réduction du tabagisme de Santé Nouvelle-Écosse," is also available.

**Responsibility:** Prepared by: Mental Health & Addictions, Respiratory Therapy, Occupational Health Safety & Wellness

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