

How to Combine Nicotine Replacement Therapies video

AUDIO: Music without lyrics playing through the end of the video.

TITLE ARTCARD - TEXT ON SCREEN: How to Combine Nicotine Replacement Therapies

VISUALS: The title text is in a box. The background is animated with small patches, circles (lozenges), squares (pieces of gum), and colored dots crossing diagonally behind the text box.

TEXT ON SCREEN: Combine your use of the nicotine patch with...

VISUALS: A nicotine patch is in front of a black square.

TEXT ON SCREEN: nicotine gum or lozenges...

VISUALS: Two squares of gum are in front of a gold square. A foil pack of lozenges is in front of a reddish/orange square.

TEXT ON SCREEN: for a better chance to stay quit.

VISUALS: Background is animated with colored dots crossing the screen diagonally.

TEXT ON SCREEN: Start with a patch in the morning.

VISUALS: A horizontally placed rectangle with vertical lines shows marks for 8 a.m. and 12 p.m. along the bottom. The area before 8 a.m. has a black square in it with a nicotine patch in front of the square.

TEXT ON SCREEN: The patch provides nicotine at a consistent rate all day.

VISUALS: The black square with the patch in front of it moves horizontally across the rectangle, passing 8 a.m. and the areas that should be 9 a.m. and 10 a.m.

TEXT ON SCREEN: Pop a piece of nicotine gum or a nicotine lozenge as needed for breakthrough cravings.

VISUALS: The black square with the patch continues moving horizontally while a reddish/orange square with the foil pack of lozenges in front of it appears at about 10–11 a.m. and another one at about 2–3 p.m.

TEXT ON SCREEN: Proper use will help you avoid side effects...

VISUALS: Solid background.

TEXT ON SCREEN: and stay quit.

VISUALS: An arm with its hand in a “thumbs up” gesture enters the frame.

END ARTCARD 1 – TEXT ON SCREEN:

For more help using medicines to quit smoking

Call 1-800-QUIT-NOW

Visit [CDC.gov/quit](https://www.cdc.gov/quit)

VISUALS: The text is in a box. The background is animated with small patches, circles (lozenges), squares (pieces of gum), and colored dots crossing diagonally behind the text box.

END ARTCARD 2 – TEXT ON SCREEN:

This video is a part of the SmokefreeVET partnership between the Department of Veterans Affairs and the National Cancer Institute’s Smokefree.gov Initiative.

CDC does not endorse any particular organization, product, or service.

VISUALS: Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention.