

## Nicotine Replacement Therapy: Patches

**Population:** pregnant women (12 to 24 weeks) aged 16 to 50 years of age who smoke five or more cigarettes a day

**Intervention:** behavioral cessation support and 8 weeks of treatment with active [nicotine patches](#) (15mg per 16 hours)

**Control:** behavioral cessation support and 8 weeks of matched [placebo](#) patches

**Outcome:**

- no significant difference in the rate of abstinence from quit date until delivery between the nicotine-replacement and placebo groups
- abstinence rate was higher at one month in the nicotine-replacement group than in the placebo group
- rates of adverse pregnancy and birth outcomes were similar in the two groups

