

HEALTH NEWS VOL. 7

HOW TO USE NICOTINE GUM & LOZENGES

We recommend the nicotine patch as a primary form of nicotine replacement. To address any breakthrough cravings, we encourage the dual use of nicotine patch with the gum (or lozenge) up to a maximum of 12 pieces per day. Proper dosing should be discussed with a health care provider if the nicotine gum/lozenge is used without a nicotine patch.

Proper Use of the Nicotine Lozenge

1. Place the lozenge in your mouth and **allow it to dissolve slowly** (don't chew or swallow it). You may feel a warm or tingling sensation as the nicotine is released and makes contact with your mouth tissues.
2. Occasionally **move the nicotine lozenge** from one side of your mouth to the other. It takes about 20 to 30 min for the nicotine lozenge to dissolve completely.

Proper Use of the Nicotine Gum

1. Chew each piece of nicotine gum **very slowly several times**.
2. **Stop chewing** when you notice a **peppery taste, or a slight tingling** in your mouth. This usually happens after about 15 chews, but can vary.
3. **"Park"** the piece of nicotine gum between your cheek and gum, and **leave it there**.
4. When the peppery **taste or tingle** is **almost gone** (in about a minute), start to **chew a few times slowly** again. When the taste or tingle returns, **stop** again.
5. **Park** the piece of nicotine gum again, in a **different place** in your mouth.
6. **Repeat** steps 1 through 5 (**chew, chew, park**) until most of the **nicotine is gone** from the nicotine gum. This usually happens in about half an hour – the peppery taste or tingle will not return.
7. **Throw away** the used piece of nicotine gum – away from children and pets.

** The nicotine gum is NOT chewed like typical chewing gum **

DON'TS

- Do not eat or drink 15 min before using or while the nicotine gum/lozenge is in your mouth. Doing so can reduce the effectiveness of the gum/lozenge.
- Do not use more than one gum/lozenge at a time, nor continuously use one after another. Doing so may cause hiccups, heartburn, nausea or other side effects.
- Do not use more than five pieces of nicotine gum/lozenges in 6 hours, nor more than 20 pieces total per day.