

What you should know about the . . .

nicotine inhaler

Nicotine inhaler is a safe method to reduce cravings for cigarettes when used as directed. The inhaler has been approved by the Federal Drug Administration (FDA) to be sold (with a prescription). Nicotine inhaler does not cause cancer or heart attacks, but smoking cigarettes does. The chemicals in cigarettes and cigarette smoke are what cause cancer, not the nicotine. Instead of inhaling hundreds of toxic chemicals when you smoke cigarettes, you will only be getting small amounts of nicotine through the back of your mouth when you use the inhaler. It does not go to your lungs.



Be prepared !!!

- Get the inhaler while you are getting ready to quit—before your quit day. Get more before you run out.
- Nicotine inhaler won't give you the same feeling as cigarettes, as it takes several minutes for the nicotine to get in your blood. Instead, nicotine inhaler will reduce your cravings and keep you comfortable while you learn other things to do instead of smoking.
- It can help with your pattern of putting something from hand to mouth.

How do I use nicotine inhaler???

Before using nicotine inhaler read all of the instructions carefully. If you have any questions, talk to your health care provider.

- Start the morning of your quit day, as soon as you wake up.
- Don't eat or drink 15 minutes before using nicotine inhaler or while using the inhaler (food or drink can keep you from absorbing the nicotine). If you have eaten within 15 minutes, rinse your mouth out with water before using the inhaler.
- Pull apart the two parts of the plastic inhaler and put in the cartridge. Push the two parts of the inhaler together to pierce the seal on both ends of the cartridge.
- Put the inhaler mouthpiece in your mouth. Gently suck air into your mouth through the inhaler. Suck lightly to get the nicotine into your body. Hold the vapor for a few seconds before breathing out. Suck or puff on the inhaler a few times a minute. Then stop and use it again later. You may cough the first few times. Each cartridge lasts for 20 minutes of puffing.
- Wash the mouthpiece with soap and water regularly. Replace the cartridge when you stop feeling the peppery flavor or slight burning in your throat or when the cartridge seems to have stopped working.
- There is no minimum dose but 6 cartridges a day is the average daily use when used without other tobacco treatment medications like the patch. Sixteen cartridges per day is the maximum dose. Don't use more without checking with your health care provider. Store at room temperature away from light.
- After a month or 2 of not smoking, and after talking to your health provider, you may start to slowly cut down the number of cartridges per day. Some people prefer to stop using the inhaler in certain places or at certain times. Others suck on it fewer times each use. Work with your provider to figure out what will work best for you.
- Carry the inhaler where you used to carry your cigarettes. Carry the inhaler for 3-12 months so you can use it if you have a major craving, urge to smoke, or are under extreme stress.
- Avoid using the inhaler outside where it is cold. The medicine works best at room temperature.

Take good care of yourself!
deep breathing
breaks music
asking for
help and support

(Flip the page!!!)

Using the inhaler with other quit-smoking medications . . .

Don't....

stop using the inhaler before the recommended time.

Even if you feel better in a couple of days, continue to use the inhaler. The nicotine inhaler will keep you comfortable and reduce cravings while you learn other things to do instead of smoking. It is important to use the inhaler for the recommended time and then taper off after a few months.

Sometimes your doctor will want you to use the nicotine inhaler with the patch or Zyban if you have breakthrough cravings.

You can continue to have the inhaler as a safety net after you quit smoking.

Stay quit
LONGER

- Learn how to use it and carry it with you for a good 6 months in case you have overwhelming urges or cravings.
- Carry it with you when you are in the middle of a high stress or high risk situation.

Side Effects

- The most common side effect is mouth or throat soreness or dryness. Be sure you suck air into your mouth as well as nicotine when using the inhaler. Drinking water can help soothe the throat.
- If you have mouth or throat soreness or dryness or another side effect that you think is caused by the inhaler talk to your health provider.
- Keep used and unused cartridges in a safe place away from children and pets.

Warning !!!

Too much nicotine can cause symptoms of:

- | | |
|--------------------------------|--|
| • Nausea, diarrhea
vomiting | <i>If you are having any of these symptoms, stop using the inhaler and talk to your health care provider .</i> |
| • Rapid heartbeat | |
| • Cold sweats | |
| • Blurred vision | |
| • Dizziness | |
| • Headaches | |
| • Drooling | |

Tell your doctor before using nicotine inhaler , if you . . .

- have had a heart attack in the last 2 weeks;
- are pregnant or nursing;
- have severe heart rhythm problems;
- have angina, or a chest pain in the area of your heart.

Do, do, do...

- Work with a group or a counselor or the 1-800-no-butts helpline to double your chance of success by changing patterns and making lifestyle changes!
- Talk to someone who can support you, if you have a slip and pick up a cigarette. Try not to feel bad. This is a hard process. Try to stop smoking immediately.
- Call you doctor if you are having any problems using the inhaler.

Most importantly . . .

Take good care of yourself!
 deep breathing
 breaks music
 asking for
help and support

Call 1-800-NO-BUTTS for FREE help and support

