

# What you should know about the . . . ***nicotine lozenge***

Nicotine lozenges are a safe method to reduce cravings for cigarettes when used as directed. They have been approved by the Federal Drug Administration (FDA) to be sold over-the-counter (without a prescription). The nicotine lozenge 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 lining of your mouth when you use the lozenge.



## **Note:**

### IF YOU USE THE 2MG LOZENGE

- If you have withdrawal symptoms, such as: restlessness, irritability, anxiety, difficulty, concentrating, or depressed mood—switch to the 4mg lozenge or use the 2mg lozenge more often.

### IF YOU USE THE 4MG LOZENGE

- If you have these symptoms: nausea, vomiting, lightheadedness, or palpitations—switch to the 2mg lozenge

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

## ***How do I use the lozenge???***

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

***\* if you smoke your first cigarette within 30 minutes of first waking up, use the 4mg lozenge***

***\* if you smoke your first cigarette more than 30 minutes after waking up, use the 2mg lozenge.***

- Place the lozenge in your mouth and allow the lozenge to slowly dissolve (about 20-30 minutes). Minimize swallowing. Do not chew or swallow lozenge. You may feel a warm or tingling sensation.
- Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20-30 minutes). If the lozenge is dissolving slowly, you may want to cut it into smaller pieces or try the mini lozenge.
- Do not eat or drink 15 minutes before using or while the lozenge is in your mouth (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 lozenge.
- Use the lozenge on a fixed schedule: 1 piece every 1-2 hours.
- To improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks if you are not using other nicotine medication.
- Do not use more than one lozenge at a time or continuously use on lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects. Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- After a month of 2 of not smoking, and after talking to your health provider, you may start to slowly cut down the number of lozenges per day: 1 lozenge per day, every 4-7 days. Some people prefer to stop using the lozenge in certain places or at certain times. Work with your provider to figure out what will work best for you.
- Many People stop using the nicotine lozenge at the end of 12 weeks. If you still feel the need to use nicotine lozenges, talk to your doctor.

***(Flip the page!!!)***

## Don't....

**stop using the lozenge before the recommended time.**

Even if you feel better in a couple of days, continue to use the lozenge. Nicotine lozenge will keep you comfortable and reduce cravings while you learn other things to do instead of smoking. (It is important to use the lozenge for the recommended time—usually 8 weeks, and then taper off after a few months.)

## Using the lozenge with other quit-smoking medications . . .

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

You can continue to have the lozenge 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.

## Warning !!!

**Too much nicotine can cause symptoms of:**

- Nausea, diarrhea vomiting
- Rapid heartbeat
- Cold sweats
- Blurred vision
- Dizziness
- Headaches
- Drooling

**If you are having any of these symptoms, stop using the lozenge and talk to your health care provider .**

**Consult a doctor before using nicotine lozenge , 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.

**If you have any of the above conditions, do NOT use nicotine lozenge without a Dr.'s specific recommendation .**

## Do, do, do...

- 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 lozenge.

**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**

