

What you should know about the . . .

nicotine nasal spray

Nicotine nasal spray is a safe method to reduce cravings for cigarettes when used as directed. It has been approved by the Federal Drug Administration (FDA) to be sold only with a prescription. The nicotine nasal spray 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 your nose when you use the nasal spray. The spray gets nicotine into your blood through the lining of your nose. It gives a strong dose of nicotine that quickly cuts cravings and withdrawal.



Be prepared !!!

- Get the nasal spray while you are getting ready to quit—before your quit day.
- One bottle will last for about 1-2 weeks at a time. Get more before you run out.
- The nasal spray won't give you the same feeling as cigarettes. It will reduce your cravings and keep you comfortable while you learn other things to do instead of smoking.

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

How do I use the Nicotine Nasal

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

- Tilt your head back slightly.
- Hold your breath and spray once in each side of your nose. Put the tip in your nose and point the tip to the outer side of your nostril and spray once in each nostril. Breathe out through your mouth and don't sniff or breathe in while spraying. Wait 2-3 minutes before blowing your nose.
- The spray may irritate your nose at first but this should get better as you keep using it.
- When you use it with other tobacco treatment medications use the spray when you have break through cravings or urges to use tobacco.
- If this is the only tobacco treatment medication you are using the usual starting dose is 1-2 doses per hour, minimum 8 doses per day and maximum 40 doses per day. Many people average 14-15 doses per day. Don't use more than 5 doses per hour
- After 6-8 weeks start to cut down following the schedule your health provider gives you. You may decide to stop the spray in certain places or at certain times or just use it fewer times in a day.

(Flip the page!!!)

Don't stop using the nasal spray before the recommended time.

- Even if you feel better in a couple of days, continue to use the nasal spray. The spray will keep you comfortable and reduce cravings while you learn other things to do instead of smoking. It is important to use the nasal spray for the recommended time.

Don't smoke cigarettes when using the nasal spray.

- Smoking cigarettes while using the nasal spray may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using the nasal spray, you may need to add nicotine gum or lozenges to keep the cravings down. Consult your doctor, or cessation counselor right away.

when using the nasal spray.

- Avoid contact of spray with skin, eyes, and mouth. If this occurs rinse the area with water.

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 nicotine nasal spray.

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



Warning !!!

Common Side Effects:

- Watering eyes and runny nose
- Burning sensation in the nose
- Irritated Throat
- Sneezing and coughing

These usually get better in a couple of days. If these problems continue or if you have other problems you think might be caused by the spray, talk to your health care provider

Too much nicotine can cause symptoms of:

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

Talk to your doctor before using the nasal spray, 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.
- Have nasal or sinus problem
- Have allergies or asthma

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

