

# Nicotine Gum Fact Sheet

Helps you quit smoking/chewing. Provides your body with nicotine to replace cigarettes/chew.

## How to Use Nicotine Gum

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Take the following doses:

- **2 mg** (light to moderate - 20 or fewer cigarettes per day; less than one tin/day)
- **4mg** (heavy - 21 or more cigarettes per day; a tin or more/day)
- **Chew one piece every 1-2 hours (6-24 pieces per day)**  
**Many people don't use enough gum –chew gum when you have an urge to smoke.**

Choose the dose of gum that matches the number of cigarettes or chew tobacco you usually smoke/chew in one day. If you smoke less than 20 cigarettes per day or chew less than one tin/day, use 2 mg gum. If you smoke 21 or more cigarettes per day, or use a tin or more/day, use 4 mg nicotine gum.

Wait at least 15 minutes after you eat or drink before you use the gum. Do not eat or drink anything while you have gum in your mouth.

Start this medicine on your quit day.

## How to Chew Nicotine Gum

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Do not chew nicotine gum like you would regular gum. Begin by taking a few bites until you feel tingling or a peppery taste. This means the nicotine is being released.

As soon as the tingling starts, move the piece of nicotine gum to the side of your mouth, between your gum and your cheek. Leave the gum there until the tingling goes away. Slowly start to chew the gum again until the tingling returns. Then move the gum to the other side of your mouth.

Keep repeating this cycle of slowly chewing, then moving the gum to one or the other side of your mouth. When you chew the gum and the tingling or peppery taste doesn't come back, then you are finished with that piece of gum. This usually takes about 30 minutes.

If you still feel a craving to smoke even after chewing a piece of gum, you may use a second piece. Keep using this gum for the full treatment time—12 weeks. **Do not** use more than 24 pieces of gum in one day.

## Drugs and Foods to Avoid

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Make sure your doctor knows if you are trying to quit and you are also using insulin, asthma medicine (such as theophylline, albuterol, Serevent®), or medicine for depression (such as amitriptyline). Tell your doctor about all other medicines you use regularly. Your doses of these medicines may need to be changed when you quit smoking.

Do not smoke cigarettes at all during the time you are using nicotine gum. This includes chewing tobacco. Do not drink cola, coffee, orange juice, or other acidic drinks while chewing nicotine gum.

## Warnings While Using this Medication

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If you are pregnant or breastfeeding, you should only use this medicine if your doctor tells you to. Smoking can seriously harm your child. Try to stop smoking without using medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

Make sure your doctor knows if you have heart problems, uncontrolled high blood pressure, a stomach ulcer, or diabetes.

You will probably still have occasional urges. Have a plan for coping with situations where you may be tempted. This gum is only part of a complete program to quit smoking.

## Possible Side Effects While Using this Medication

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***Call your doctor right away if you notice any of these side effects:***

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- Fast, slow, pounding, or irregular heartbeat.
- Nausea, vomiting, dizziness, weakness, sweating.

***If you notice these less serious side effects, talk with your doctor:***

- Mild nausea, heartburn, hiccups.
- Loose fillings, caps, or other problems with your teeth.
- Mouth, tooth, or jaw pain.

***If you notice other side effects that you think are caused by this medicine, tell your doctor.***

***YOU ARE URGED TO NOTIFY YOUR PRIMARY CARE PHYSICIAN REGARDING STARTING THIS NEW MEDICATION.***

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*