

Nicotine Lozenge Fact Sheet

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

How to Use the Nicotine Lozenge

Take the following doses:

- **2 mg** if you smoke your first cigarette more than 30 minutes after waking
- **4 mg** if you smoke less than 30 minutes after waking
- **Weeks 1-6: 1 lozenge every 1-2 hours (approximately 10 per day)**
- **Weeks 7-9: 1 lozenge every 2-4 hours**
- **Weeks 10-12: 1 lozenge every 4-8 hours**

Do not take more medicine or take it more often than recommended above.

Ask your doctor or pharmacist if you have any questions.

Be sure to choose the right kind of lozenges. Four mg is for people who smoke their first cigarette **less than** 30 minutes after they wake up. Two mg is for people who smoke their first cigarette **more than** 30 minutes after they wake up.

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

How to Take the Nicotine Lozenge

Do not bite, chew, or swallow the lozenge. It is best to suck on the lozenge and let it melt slowly in your mouth. The lozenge should melt completely in about 20 to 30 minutes.

You may feel tingling or a warm feeling in your mouth. This means the nicotine is being released.

Move the lozenge around sometimes while it is in your mouth. Most people will hold the lozenge inside one cheek, then move it to the other cheek occasionally.

Keep using this medicine for the full treatment time. Do not use more than 20 lozenges in one day. Do not use two lozenges at one time.

Drugs and Foods to Avoid

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

Do not smoke cigarettes or use any other kind of tobacco at all during the time you are using the lozenge.

Warnings While Using this Medication

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 the medicine are not fully known.

Make sure your doctor knows if you have heart problems or uncontrolled high blood pressure.

Possible Side Effects While Using this Medication

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.
- Pain, sores, or other problems in your mouth.

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

- Headache
- Mild nausea, heartburn, hiccups
- Trouble sleeping

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.