

# Nicotine Inhaler Instructions

Nicotine inhalers provide nicotine to your body. They work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms, including nicotine cravings. Because the nicotine inhaler does not contain the carcinogens or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. The nicotine inhaler can help in situations where you have a sudden urge to smoke. Read all the instructions below before using the nicotine inhaler. Refer to them often to make sure you're using the nicotine inhaler correctly.

The nicotine inhaler is a plastic tube with a nicotine cartridge inside. When you puff on the inhaler, a nicotine vapor goes into the mouth. Holding the nicotine inhaler in your hand and puffing on it can seem like the closest thing to smoking a cigarette, which some smokers find helpful.



## General Instructions

1. Try not to smoke while using the inhaler. This may cause you to feel slightly dizzy and nauseated.
2. Insert the nicotine cartridge into the mouthpiece.
3. Puff in short breaths holding the air in your mouth. The nicotine in the cartridges is released by frequent puffing over 20-30 minutes. You can use up a cartridge all at once or puff on it for a few minutes at a time until the nicotine is finished.
4. Breathing or puffing too deeply might make you cough.
5. Don't drink soda, coffee or fruit juices when you are using the inhaler.
6. Change the cartridge every one to two hours. Up to 16 cartridges can be used per day.
7. If you "slip up" and smoke while trying to quit, you can safely continue to use the inhaler in most cases.
8. As you continue to use the nicotine inhaler and you adjust to not smoking, your doctor may decrease your dose. Follow any new directions provided by your doctor.