

# Nicotine Lozenge Instructions

Nicotine lozenges provide nicotine to your body. They work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms, including nicotine cravings. The nicotine lozenge can help in situations where you have a sudden urge to smoke. Read all the instructions below before using the nicotine lozenge. Refer to them often to make sure you're using the nicotine lozenge correctly.



## General Instructions

1. Try not to smoke while using the lozenge. This may cause you to feel slightly dizzy and nauseated so best to avoid it.
2. Most people who smoke every day will start with the 4mg nicotine lozenge. Use at least 9 lozenges per day
3. Avoid eating and drinking while using the lozenge.
4. Don't drink soda, coffee or fruit juices when you are using the lozenge.
5. Put the lozenge in your mouth and allow the lozenge to slowly dissolve. Try to swallow as little as necessary.
6. From time to time, use your tongue to move the lozenge from one side of your mouth to the other side of your mouth until it is totally dissolved. This will take about 20 to 30 minutes.
7. **Do not chew or swallow the lozenge.**
8. If you "slip up" and smoke while trying to quit, you can safely continue to use the lozenge in most cases.
9. The nicotine lozenge can be used regularly by the following schedule but this is a general guideline and you may want to use it longer than this.
  - Weeks 1-6: Use one lozenge every one to two hours (use at least 9 every day to improve your chances of quitting smoking)
  - Weeks 7-9: Use one lozenge every two to four hours
  - Weeks 9-12: Use one lozenge every four to eight hours

## Do not...

- Use more than one lozenge at a time.
- Use more than 20 lozenges in one day.
- Eat or drink while the lozenge is in your mouth.