

# Nicotine Gum Instructions

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



## General Instructions

1. Try not to smoke while using the gum. This may cause you to feel slightly dizzy and nauseated.
2. Most people who smoke every day will start with the 4mg nicotine gum. Use at least 8 pieces per day.
3. Avoid eating and drinking while chewing the gum.
4. **Chew the nicotine gum slowly.** Stop chewing the gum when you can taste the nicotine or feel a little tingling in your mouth. Then hold the gum in your cheek.
5. When the tingling is almost gone (takes about one minute), start chewing the gum again.
6. Repeat these steps for about 30 minutes. The longer and slower you chew each piece of gum the better it will work.
7. If you “slip up” and smoke while trying to quit, you can safely continue to use the gum in most cases.
8. If you have strong or frequent cravings, you can chew up to two pieces of gum in one hour.
9. Nicotine gum can be used regularly by the following schedule, but this is a general guideline. You may want to use it longer than this:
  - Weeks 1-6: Chew one piece of gum every one to two hours (at least 9 pieces every day to improve your chances of quitting smoking)
  - Weeks 7-9: Chew one piece every two to four hours
  - Weeks 9-12: Chew one piece every four to eight hours

## Do not...

- Swallow the gum.
- Chew the gum too fast. Chewing the gum too fast can lead to hiccups, heartburn, nausea, or other side effects.
- Chew more than 20 pieces of gum in one day.