

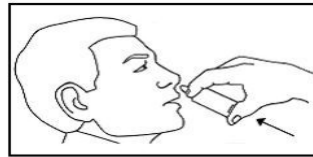
Nicotine Nasal Spray General Instructions

1. Try not to smoke while using the nicotine nasal spray. This may cause you to feel slightly dizzy and nauseated.
2. Do not use more than five times an hour or **40** times in **24** hours.
3. Use **one** spray per nostril

Step 1: Priming the Pump

This must be done before first use of each new bottle

- Remove Cap by pressing circles on sides of bottle.
- Get a tissue or paper towel.
- Hold bottle and press up on bottom with thumb. Pump into tissue until you see a fine spray (three to four times).
- Throw tissue away.
- Each bottle of nasal spray contains about 100 doses (200 sprays), but excessive priming will reduce the amount of medicine available for use.
- **Avoid excessive priming.**



Step 2: Using Nicotine Nasal Spray

- Blow nose if it is not clear.
- Tilt head back slightly. Insert tip of bottle into nostril.
- Breathe through mouth. Spray once in each nostril. Do not sniff, swallow or inhale through nose while spraying.
- Wait two or three minutes before blowing nose.
- Place cap on bottle after use. Store at room temperature (below 86° degrees F), out of reach of children.

Step 3: Rules about Use

- **Use every day**
- **You can use every hour while you are awake, more if you need to.**
- **Maximum of 40 doses per day/Maximum of 5 doses in 1 hour.**