

FAQs regarding the nicotine mouth spray:

How much does the nicotine mouth spray cost?

The nicotine mouth spray is more expensive than the nicotine patch, gum, or lozenge but still costs less per day than a pack of cigarettes. Each mouth spray cartridge contains 150 sprays of nicotine - replaces up to 150 cigarettes, or 75 for those who require two sprays.

Can I smoke and use the nicotine mouth spray at the same time?

Do not smoke or receive nicotine through snuff or other sources at the same time as using nicotine mouth spray as you may get too much nicotine and experience side effects.

Can I use both the nicotine mouth spray and other nicotine replacement therapies?

Yes, if you are using the spray and continue to have cravings, it is reasonable to use nicotine gum, lozenges, inhaler or nicotine patch in addition. Speak with your doctor or pharmacist to determine what method is best for you.

My throat is irritated after using the mouth spray. Is that normal?

Yes. The nicotine mouth spray may irritate your throat. Try to avoid spraying the mist into your throat, spraying mist under the tongue may help.

What are the common side effects of using the mouth spray?

- Tingling lips
- Hiccups
- Strong taste—from nicotine
- Throat irritation
- Nausea
- Heartburn

Remember:

- Do not have any acidic beverages like coffee, tea, juice and soda while using the mouth spray. The acid in these drinks can prevent your mouth from absorbing the nicotine from the mouth spray.
- It is important to carry the mouth spray with you at all times so that you can respond to your cravings when they occur.

Nicotine Mouth Spray

Cardiac Medical Unit
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The mouth spray provides fast relief from cravings. One to two sprays can control cravings in 60 seconds. It is a non-prescription (over-the-counter) nicotine replacement therapy product you can get from your local pharmacy.

Advantages of using the mouth spray:

- Control cravings fast
- You decide how often to use the mouth spray (i.e., use it only if you need it)
- Reduces the symptoms of nicotine withdrawal cravings and irritability

Recommended schedule for using the nicotine mouth spray:

- Stop smoking completely before starting the mouth spray.
- Use a maximum of two sprays at a time, maximum four sprays per hour.
- Do not use more than 64 sprays per day.
- As your body adjusts to not smoking, you can choose to stop using the mouth spray or slowly reduce the number of sprays you use a day.
- Do not use the mouth spray for more than six months, unless directed to do so by your healthcare provider.

Warnings & Precautions:

Consult your pharmacist or physician prior to using the inhaler if the following apply to you:

- Being treated for any serious heart condition
- Heart attack or stroke within the last two weeks
- Require kidney dialysis
- Use any prescribed medication regularly. Smoking alters the effects of some medications, and when you quit smoking it may be necessary for your doctor to adjust the doses, especially if you are diabetic, taking medications for high blood pressure or heart disease, or taking antidepressants, tranquilizers or sleeping pills.

Stop using immediately and contact your doctor if you have:

- Chest pain
- Irregular heartbeat
- Palpitations
- Leg pain
- Persistent stomach pain
- Rash or hives

How to use the nicotine mouth spray:

- Prime the dispenser—point the nozzle away and press the dispenser several times until a fine mist appears. If the spray is not used for two or more days, this may be repeated.
- Hold the dispenser as close to the mouth as possible—avoid the lips.
- Press the top of the dispenser to release one spray into the mouth.



Important

It is important to complete treatment. If you feel you need to use Nicotine Replacement Therapy for a longer period to keep from smoking, talk to your health care provider.