

Advantages of using nicotine lozenges:

Easy to use. Can be used in combination with other nicotine replacement to help reduce withdrawal. Do not chew lozenges.

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

- Treated for heart condition, experiencing angina
- Treated for stomach issues or having stomach pains
- Hyperthyroidism
- High blood pressure
- Allergies to medications
- Diabetes requiring insulin
- Kidney or liver problems
- Respiratory conditions such as but not limited to asthma, COPD or taking medication for lungs
- Treated for peripheral vascular disease
- Treated for cerebral vascular disease

Possible side effects of using nicotine lozenges:

- Nausea
- Stomach upset
- Mouth, throat or gum irritation
- Hiccups
- Headaches
- Taste change

How to use nicotine lozenges properly:

- Place one lozenge in your mouth and allow it to dissolve slowly.
- After a couple of minutes, move the lozenge from one side of your mouth to the other.
- Do not chew, swallow or suck on the lozenge as you might with a cough drop.
- The lozenge should take about 20 to 30 minutes to dissolve.
- Don't have any acidic beverages like coffee, tea, juice and soda while using the lozenge. The acid in these drinks can prevent your mouth from absorbing the nicotine from the lozenge.
- It is important to carry the lozenges with you at all times so that you can respond to your cravings when they occur.

Can I use both the nicotine lozenge and the nicotine patch? Yes, if you are using the patch and continue to have cravings, it is reasonable to also use nicotine gum, lozenges or inhalers. Speak with your doctor or pharmacist to determine what method is best for you.

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.

Nicotine Replacement Therapy

Nicotine Lozenges



and Nicotine Gum

Nicotine gum is a nicotine replacement therapy (NRT) product. Each piece of gum has nicotine in it, which is released when chewed, allowing you to receive nicotine when you have a craving for a cigarette.



Advantages of using nicotine gum:

You can use the gum to help you reduce the number of cigarettes you smoke daily.

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- Treated for heart condition, experiencing angina
- Treated for stomach issues or having stomach pains
- Hyperthyroidism
- High blood pressure
- Allergies to medications
- Diabetes requiring insulin
- Kidney or liver problems
- Respiratory conditions such as but not limited to asthma, COPD or taking medication for lungs
- Treated for peripheral vascular disease
- Treated for cerebral vascular disease

Possible side effects of using nicotine gum:

- Nausea
- Stomach upset
- Mouth, throat or gum irritation
- Jaw ache
- Hiccups
- Headaches
- Trouble sleeping

Reducing the side effects of the gum:

Use the gum correctly. Nicotine gum is not like regular gum. If used incorrectly, you are more likely to experience side effects including dizziness and hiccups. Rinse the gum with water after gum use to decrease mouth sores.

How to use nicotine gum properly:

Nicotine gum shouldn't be chewed like regular chewing gum. Avoid acidic food or beverages like coffee, tea, juice, and soda 15 minutes before using the gum. The acid in these products can prevent your mouth from absorbing the nicotine from the gum.

Use chew-park technique. 'Chew' the gum 3 to 5 times, then "park" the gum in the corner of your mouth (between your cheek and gums).

Wait one minute, chew the gum a few more times, and then "park" the gum again.

Repeat the 'chew' and "park" process for 30 minutes. **It takes 15 to 30 minutes for the gum to start working.**



Nicotine Lozenges

Nicotine Lozenges are similar to a cough drop or a sore throat lozenge but they are **not** to be used in the same fashion. Each lozenge has nicotine in it, which is released when used, allowing you to receive nicotine when you have a craving for a cigarette.

Can I smoke cigarettes and use the nicotine lozenge at the same time? Do not smoke or receive nicotine through snuff or other sources at the same time as using nicotine lozenges as you may get too much nicotine and experience side effects.

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