

Proper technique using inhaler:

The inhaler may be used whenever you feel an urge to smoke. The dose of nicotine from one puff of an inhaler is much less than from one puff of a cigarette. The nicotine in one cartridge is used up after approximately 20 minutes of continual puffing.

After you have tried it a few times, you will develop the technique which most suits you and gives you the best results.



Proper usage of the inhaler:

- It is very important to continue using the inhaler long enough to help overcome the dependence (normally 3 months)
- For the following 6-12 weeks, dosage is gradually reduced by using fewer cartridges per day.
- It is not recommended to use the inhaler beyond 6 months.

What are the common side effects of using the inhaler?

- Mild mouth and throat irritation
- Cough when first using the inhaler
- Stomach upset

Note: The frequency of cough and mouth irritation declines with continued use of the inhaler.

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.

Signs of Overdose:

- Bad headaches
- Dizziness
- Upset stomach
- Drooling
- Vomiting
- Cold sweat
- Blurred vision
- Difficulty hearing
- Mental confusion
- Weakness
- Fainting

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Nicotine Replacement Therapy

Nicotine Inhalers



The inhaler is an option for people who miss the hand-to-mouth ritual of smoking. The inhaler uses cartridges that have nicotine in them, which is released when you puff, allowing you to receive nicotine when you have a craving for a cigarette.



Advantages of using the inhaler:

- It mimics the hand-to-mouth action of smoking.
- You decide how often you use the inhaler.
- Reduces the symptoms of nicotine withdrawal cravings and irritability.

Certain symptoms such as dizziness, headaches and insomnia may also be a result of the absence of smoking and lack of nicotine.

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

How to use the nicotine inhaler:

- Take the mouthpiece out of its plastic wrapper. Line-up the markings on the mouthpiece and separate the two pieces.
- Remove one cartridge from the foil wrapped tray. Press the cartridge firmly down into the bottom of the mouthpiece until the seal breaks.
- Replace the top of the mouthpiece. Line up the markings. Press the cartridge firmly down to break the upper seal of the cartridge. Twist the mouthpiece to misalign the markings.
- With the tapered end of the mouthpiece in your mouth, either take in short puffs.
- Each cartridge will last for about 20 minutes of continuous frequent puffing.
- When the cartridge is empty, remove the cartridge from the mouthpiece and dispose of the cartridge out of reach from children or pets.

Things to remember when using the nicotine inhaler:

- Clean the mouthpiece regularly with soap and water.
- Don't have any acidic beverage like coffee, tea, juice and soda while using the inhaler. The acid in these drinks can prevent your mouth from absorbing the nicotine from the inhaler.
- It is important to carry the inhaler with you at all times so that you can respond to your cravings when they occur.

Caution when disposing of the inhaler with children or pets near:

Nicotine is a toxic substance and may cause serious illness in children and pets, even in very small amounts if chewed or swallowed. After a cartridge is used, throw it away out of the reach of children and pets. Even used cartridges contain enough nicotine to seriously harm them.

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