Patient Advisory Leaflet

Nicotine Gum

Category: Smoking Cessation Aid

Patient Education:
- Place the lozenge in the mouth and allow it to dissolve slowly (20-30 minutes). As the nicotine is released, a warm, tingling sensation may be felt. To minimize the risk of side effects, (nausea, hiccups, heartburn), the lozenge should not be chewed or swallowed. To decrease mouth irritation, occasionally move the lozenge to different areas of the mouth.
- To minimize withdrawal symptoms, use the nicotine lozenge on a fixed schedule (initially one lozenge every 1-2 hours) rather than as needed. Reduce the dosage at the recommended intervals (see dosing below), and stop using lozenges after 12 weeks of treatment. Do not use more than five lozenges in 6 hours or more than 20 lozenges per day.
- Avoid food and acidic beverages (coffee, juices, wine, soft drinks) 15 minutes before or while using the nicotine lozenge.
- Patients who use more than one lozenge at a time, continuously use one lozenge after another, or chew and swallow the lozenge are more likely to experience side effects such as nausea, light-headedness, hiccups, and heartburn.
- One full sleeve of nicotine lozenges (12 pieces per sleeve) should be readily available at all times. Store it in a location where you normally store your cigarettes (shirt pocket, purse, or desk).

Recommended Dosing:
If you smoke your first cigarette less than 30 minutes after waking: 4 mg.
If you smoke your first cigarette more than 30 minutes after waking: 2 mg.
  Weeks 1-6: one lozenge every 1-2 hours
  Weeks 7-9: one lozenge every 2-4 hours
  Weeks 10-12: one lozenge every 4-8 hours