

Nicotine Gum Information Sheet (2mg and 4mg)

- **Nicotine gum is NOT chewing gum.** It consists of a **TINY** amount of nicotine in a gum base which is absorbed through the lining of your mouth that is, a **mouth patch**.
- There is a very sophisticated technique for using nicotine gum. Correct usage is **ESSENTIAL** for the effective treatment of nicotine dependence.

HOW TO USE CORRECTLY:

- Always start straight up in the morning **BEFORE** getting out of bed.
- Place a nicotine gum in your mouth
- Bite a **maximum** of **3** times to flatten
- Remove from mouth, place in between both index fingers and thumbs and further flatten and enlarge by drawing it out until it resembles a pancake
- With your index finger and tongue, place between the inside lining of the cheek and lower gum line
- **DO NOT CHEW AGAIN**
- Leave in for **30 minutes**
- Throw away.

Always use nicotine gum **AS SOON AS** you:

- **Wake up in the morning**
 - Have 2 nicotine gums at a time, (one in each side of the mouth). Lie in bed for **10 minutes** to allow some nicotine to be absorbed into your blood stream before getting out of bed. Once you are up and out of bed, you will burn up nicotine in your blood stream much faster and therefore your need for nicotine (desire to smoke) is greater.
- **"THINK" cigarette**
 - Just "thinking" about a cigarette is a sign that your nicotine blood level is too low and it requires some replacing. If you leave it until you are "wanting" or "craving" a cigarette, it is too late.



- **Experience a nicotine withdrawal symptom**
 - e.g. tension, irritability, headache, lack of concentration etc.
- **Finish a meal**
 - You burn up nicotine much faster in your blood stream immediately after eating a meal. Your need for nicotine (desire to smoke) is therefore greater.
- **Encounter a smoking trigger**
 - e.g. phone ringing, finishing a task, starting the car.

If after 10 minutes of having nicotine gum in your mouth you are still having any **thoughts** about smoking or any **symptom of nicotine withdrawal**, put a **2nd** piece of nicotine gum in, one in each side of the mouth.

- You may need to use **2 nicotine gums** at a time every time.
- **DO NOT RATION** nicotine gum. **USE LIBERALLY.**

The more nicotine gum you use initially, the greater the likelihood of you still not smoking in the long term.

YOU CAN NOT OVERDOSE ON NICOTINE USING NICOTINE GUM

The amount of nicotine absorbed into your blood stream is **much less** than that from smoking. In terms of nicotine content:

1 x 4mg gum = 1 cigarette
1 x 2mg gum = ½ cigarette

You can safely use up to **30** nicotine gums per day

You need to use nicotine gum for a **minimum** of **3 months**.

REMEMBER:

DO NOT CHEW NICOTINE GUM

