

## Nicotine Inhaler Information Sheet (10mg)

- The nicotine inhaler consists of a plastic tube into which a cartridge containing nicotine is placed
- The nicotine is contained inside a small plug inside the cartridge and a very tiny amount is released on inhaling on the tube
- **USING THE NICOTINE INHALER IS VERY DIFFERENT TO TOBACCO SMOKING.** Nicotine is not inhaled into the lung. The absorption of nicotine is through the lining of the mouth
- Correct usage of the nicotine inhaler 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.
- Pull the plastic tubing apart by aligning the marks
- Place a cartridge in one end of the tube
- Fit the tube back together and twist so that the marks are no longer aligned
- This action pierces the cartridge so that nicotine is vaporised on inhaling on the tube
- To extract all the nicotine from the cartridge you **MUST** take “drags” (as you would a cigarette) **CONTINUOUSLY** on the tube for a period of 20 minutes
- Do not continue to drag with the same cartridge in the tube beyond **20 minutes** as there is no nicotine remaining
- Throw away the empty cartridge

Always use the nicotine inhaler containing a new cartridge **AS SOON AS** you:

- **Wake up in the morning**
  - Lie in bed for **10 minutes** having drags continuously on the tube 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.
  - Get out of bed and continue to have drags continuously for another **10 minutes**.



- **“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.

**DO NOT RATION** the nicotine inhaler cartridges. **USE LIBERALLY.**

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

**YOU CAN NOT OVERDOSE ON NICOTINE USING THE NICOTINE INHALER**

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

**1 x 10mg nicotine inhaler cartridge = ½ cigarette**

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

**REMEMBER:**

**USING THE NICOTINE INHALER IS VERY DIFFERENT TO INHALING TOBACCO SMOKE**

