

Nicotine Lozenge Information Sheet (2mg and 4mg)

- Nicotine gum is **NOT** a lolly or a tablet to be swallowed. It consists of nicotine in a tablet base which, when placed in the mouth, slowly dissolves releasing a **TINY** amount of nicotine which is then absorbed through the lining of your mouth.
- There is a very specialised technique for using nicotine lozenge. 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 lozenge in your mouth
- Give the lozenge **3-4** sucks only to start releasing the nicotine
- With your index finger or tongue, park the lozenge on the inside lining of the cheek between the lower gum line
- Give the lozenge **3-4** sucks every 5 minutes to continue the release of nicotine
- The lozenge **MUST** be completely dissolved by **30 minutes**. If it is not, you will need to suck it more frequently
- If the lozenge is not completely dissolved by 30 minutes, you will not be attaining a high enough blood level of nicotine and you will either smoke or experience worsening nicotine withdrawal
- **DO NOT CHEW OR SWALLOW THE LOZENGE**

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

- **Wake up in the morning**
 - Have 2 nicotine lozenges 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 lozenge in your mouth you are still having any **thoughts** about smoking or any **symptom of nicotine withdrawal**, put a **2nd** nicotine lozenge in, one in each side of the mouth.

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

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

YOU CAN NOT OVERDOSE ON NICOTINE USING NICOTINE LOZENGES

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

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

You can safely use up to **30** nicotine lozenges per day.

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

REMEMBER:

DO NOT CHEW OR SWALLOW THE NICOTINE LOZENGE

