

Nicotine Sublingual Tablet Information Sheet (Microtab 2mg)

- The nicotine sublingual tablet is **NOT** a lolly or a tablet to be swallowed. It consists of nicotine in a tablet base which, when placed directly under the tongue, slowly dissolves releasing a **TINY** amount of nicotine which is then absorbed through the tiny capillaries under the tongue.
- 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 sublingual tablet under your tongue
- Allow the tablet to sit towards the back of the tongue
- The tablet will completely dissolve within 25 minutes
- **DO NOT CHEW, SUCK OR SWALLOW THE TABLET**

Always use the nicotine sublingual tablet **AS SOON AS** you:

- **Wake up in the morning**
 - Have 2 nicotine sublingual tablets at a time, (one under each side of the tongue). 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 a nicotine sublingual tablet in your mouth you are still having any **thoughts** about smoking or any **symptom of nicotine withdrawal**, put a **2nd** nicotine sublingual tablet in, one under each side of the mouth.

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

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

YOU CAN NOT OVERDOSE ON NICOTINE USING NICOTINE SUBLINGUAL TABLETS

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** tablets per day.

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

REMEMBER:

DO NOT CHEW OR SWALLOW THE NICOTINE SUBLINGUAL TABLET

