

Nicotine Replacement *Tips and Tricks*

Nicotine Gum



Not to be chewed like normal gum! Teach the "chew and park" method:

1. Chew one piece of gum slowly a few times until a tingly or peppery taste is felt. Next, park the nicotine gum between your cheek and gums.
2. When tingly feeling/pepper taste fades, repeat the "chew and park" process, switching which side of your mouth you park the gum for about 20-30 minutes.



Nicotine from gum is absorbed in the mouth. For best results, patients should not eat or drink anything (except water) 15 minutes before and while using the nicotine gum.

Possible side effects include:

- Throat irritation
- Hiccups
- Mouth sores
- Jaw discomfort
- Nausea
- Heartburn



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Nicotine Lozenge



Not to be chewed or swallowed! Lozenge should be placed in mouth, moving it from side to side, until it is fully dissolved, about 20-30 minutes.

Nicotine from lozenge is absorbed in the mouth. For best results, patients should not eat or drink anything (except water) 15 minutes before and while using the nicotine lozenge.



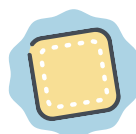
Possible side effects include:

- Nausea
- Hiccups
- Coughing
- Sore throat
- Nausea
- Headache



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Nicotine Patch



Nicotine from patch is slowly absorbed through the skin throughout the day

How to use:

- Remove protective liner and **apply patch between neck and waist (or upper arms)** on an area of skin that is clean, dry, and has little body hair. Press firmly for 10 seconds to ensure patch sticks well.
- **Apply a new patch to a different area of the skin each day.** Do not use the same area of skin for at least a week. Do not apply to skin that is broken out or irritated.



Possible side effects include:

- Skin irritation (redness and itching)
- Insomnia or vivid dreams
- Muscle pain or stiffness
- Nausea
- Headache
- Dizziness



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