



What is Nicotine Inhaler?

The inhaler is a quit-smoking aid. Users puff on it and get hits of nicotine vapor.

How to Get Started

You can only get the inhaler with a prescription. Some health plans may cover the cost. Talk with your doctor before using the inhaler, especially if you are pregnant, breastfeeding, or have:

- Heart problems
- Drug allergies
- Diabetes
- Stomach ulcers
- Kidney or liver disease
- Thyroid issues
- Asthma

Dose and Schedule

- The gum comes in two does: 4 mg and 2mg.
 - If you smoke your first cigarette within 30 minutes of wake-up, start with 4 mg.
 - If you smoke your first cigarette more than 30 minutes after wake-up, start with 2 mg.
- Use gum on a schedule, not just when you have a craving. Here is an example:
 - Weeks 1-6 >> every 1-2 hours
 - Weeks 7-9 >> every 2-4 hours
 - Weeks 10-12 >> every 4-8 hours

Tips for Use

- Do not chew like bubble gum.
 - Chew it until you can taste the nicotine or feel a tingle in your mouth.
 - Park it between your cheeks and gums.
 - After about a minute, when the tingling is almost gone, chew it again.
 - Repeat this process until the tingle is all gone (about 30 minutes).
- Do not use more than 24 pieces per day.
- Do not eat or drink 15 minutes before and during use.
 - Avoid acidic foods and drinks (like oranges, coffee, and soda). These can make the gum less effective.

Side Effects

If you use the gum, you may get:

- Mouth sores
- Nausea
- Hiccups
- Jaw pain