



## What is the Nicotine Nasal Spray?

The nicotine nasal spray is a prescription medicine approved by the FDA to help people quit smoking.

## How to Get Started

Talk with your doctor before using the nicotine nasal spray, especially if you are pregnant or breastfeeding, or have heart issues.

- You'll need a prescription for the nicotine nasal spray.
- Some health plans may cover the cost.

## Dose and Schedule

- 1 "dose" = 1 squirt per nostril
- 1 to 2 doses/hour; 8 to 40 doses/day
- Do NOT inhale
- Use nasal spray on a schedule, not just when you have a craving. Talk to your doctor with help for setting a dose and tapering when you are ready.
- Use for 3 to 6 months; taper at end

## Side Effects

- Not for patients with asthma
- During the first week, many people experience a hot, peppery feeling in the back of the throat or nose, as well as sneezing, coughing, watery eyes, or runny nose when using the nasal spray. These symptoms should lessen after a week of regular use. Contact your doctor or other healthcare provider if the symptoms are particularly bothersome or do not go away.
- May cause dependence



## Tips for Use

To use the nasal spray:

- First blow your nose to ensure it is clear.
- Tilt your head back slightly.
- Put the tip of the bottle into your nostril – as far as you feel comfortable. Breathe through your mouth.
- Spray once in each nostril.
- Do not sniff, swallow, or inhale while spraying.
- If your nose runs, gently sniff to keep the medicine in your nose, where it will be absorbed.
- Wait at least 2-3 minutes before blowing your nose.
- One bottle of nasal spray typically delivers about 200 sprays.
- If the bottle breaks or leaks, wear rubber gloves to wipe up the liquid with a paper towel and to wash surfaces thoroughly. Do not let the liquid come in contact with your skin, mouth, or eyes. If it does, rinse with plain water immediately.
- Keep out of reach of children and pets. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).