

# Nicotine Inhaler

## Information for Quitting Tobacco

### **About the nicotine inhaler:**

The nicotine inhaler replaces the nicotine you used to get from tobacco. The nicotine inhaler looks like a small plastic cigarette. It contains a plastic cartridge filled with liquid with nicotine. You puff on the inhaler and the nicotine goes into your mouth where it is taken up by the lining of the mouth and upper throat. The nicotine goes into your bloodstream to help reduce cravings to use tobacco and tobacco withdrawal symptoms.

### **How to use it:**

Place the plastic inhaler mouthpiece between your lips and puff with short, gentle puffs. This will bring the nicotine into your mouth and throat where it will be absorbed. Do not inhale deeply like you would with a cigarette.

You can use the nicotine inhaler in different ways. Some people puff continuously for about 20 minutes. They may do this again in 1-2 hours. Other people puff for a few minutes, put it down for a few minutes, and then puff again for a few minutes. Make sure you use it enough to control cravings to use tobacco. Talk to your health care provider about what might work best for you.

It is time to replace the nicotine cartridge in the inhaler when you no longer taste the peppery or spicy taste. This usually happens after about 20 total minutes of puffing. The nicotine cartridge is good for one day after opening.

Plan to use the inhaler for up to 6 months. Talk with your health care provider if you feel that you need to use it longer to stay off tobacco.

Do not use more than 16 nicotine cartridges in one day unless advised by your health care provider. Carry the inhaler with you and keep it in a warm location like your shirt pocket. It does not work well when it gets exposed to the cold.

### **Side effects and concerns:**

**Common** side effects include:

Mouth or throat irritation, hoarseness, and stomach upset.

**Less common** side effects include:

Cough, taste changes, sinus pressure, tooth problems, headache, indigestion, runny nose, pain in neck, jaw or back, and pain, burning or tingling in the hands or feet.

**Rare** side effects could include but are not limited to:

Nausea, vomiting, severe headache, dizziness, fast heart rate, chest pain, uncontrollable shaking, cold sweats, drooling, paleness, weakness, seizures, confusion.

**Some people can have ALLERGIC** reactions to the inhaler. This could include but is not limited to: Itching of the skin or hives on your body, swelling in the mouth and throat, chest tightness or difficulty breathing.

If any serious reactions happen to you, stop using the inhaler and seek emergency care.

Please discuss use of the nicotine lozenge with your health care provider if you have any of the conditions listed below. Use of nicotine might be a health risk for some people with these conditions.

- Active heart disease
- A recent stroke
- An irregular or abnormal heart beat
- High blood pressure
- Stomach ulcer
- Diabetes

If you are pregnant or breastfeeding, do not use the nicotine inhaler unless advised by your health care provider. The safety to your baby is not entirely known.

**PLEASE KEEP THE NICOTINE INHALER AND CARTRIDGES OUT OF THE REACH OF CHILDREN AND PETS.**

**The information on this handout can change. Please refer to package inserts, and talk to your health care provider if you have any questions or concerns.**

---

MaineHealth  
Center for Tobacco  
Independence