

Nicotine Lozenge

Information for Quitting Tobacco

About nicotine lozenge:

The nicotine lozenge is replacing the nicotine you used to get from tobacco. The lozenge releases nicotine into your mouth. The nicotine is absorbed through your cheek into your bloodstream to help reduce cravings and withdrawal symptoms. Nicotine lozenges come in different flavors and a couple of sizes.

How to use it:

Nicotine lozenge comes in 2 doses. Your starting dose is determined by how much tobacco you use. Allow the lozenge to slowly melt in your mouth. It takes about 20 to 30 minutes for the lozenge to dissolve.

Occasionally move the lozenge from one side of your mouth to the other. You may feel a warm, tingling sensation in your mouth when the nicotine is released. That's the nicotine beginning to work. The nicotine lozenge has a spicy or peppery taste.

Do not chew or swallow the lozenge.

Do not eat any food or drink any liquids while the lozenge is in your mouth and for 15 minutes before putting the lozenge in your mouth.

Use enough lozenges to control cravings. Many people start with using one lozenge every 1 to 2 hours.

Do not use more than 20 lozenges every day without consulting with your health care provider. Plan to use the lozenge for 6-12 weeks.

Side effects and cautions:

Common side effects from the nicotine lozenge could include: Indigestion, heartburn, nausea, and hiccups.

Rare reactions to the lozenge could include but are not limited to:

Rash on the body, severe nausea, vomiting, headaches, dizziness, fast heart rate, chest pain, and severe sore throat.

If any serious reactions happen to you, stop using the lozenge and call your health care provider or 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
- Are on a sodium restricted diet

If you are pregnant or breastfeeding, do not use the nicotine lozenge unless advised by your health care provider.

Some brands of nicotine lozenge contain acesulfame and should not be used by people with PKU. If you have food allergies, check with your pharmacist before using the lozenge.

Some people ask if it is safe to use the lozenge if you slip and use tobacco. It is safe for most people to use the lozenge even if you slip up or haven't completely stopped using tobacco on your quit day. Keep trying to quit.

PLEASE KEEP THE NICOTINE LOZENGE 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**