

# Nicotine Nasal Spray

## Information for Quitting Tobacco

### About the nicotine nasal spray:

The nicotine nasal spray replaces the nicotine you used to get from tobacco. When the liquid is sprayed into the nose, nicotine is rapidly absorbed. The nicotine then goes into your bloodstream to help reduce cravings and other withdrawal symptoms. The nicotine nasal spray delivers nicotine more rapidly than other nicotine replacement products.

### How to use it:

To use the nicotine nasal spray, tilt your head back a little bit. Insert the tip of the spray bottle into one nostril. Point it toward the outer side of the nostril and push on the bottom of the nasal spray. To reduce nasal irritation, try not to sniff, swallow, or breathe in while spraying the nasal spray. Breathe through your mouth when you spray the nicotine nasal spray into your nose. Repeat this with one spray in the other nostril.

The usual recommended dose is one spray into each side of the nose about every 1-2 hours. You can increase the number of sprays each to help decrease cravings and withdrawal.

Do not use more than 5 sprays in one hour or 40 sprays in one day without instructions from your health care provider.

Plan to use the nasal spray for 3 to 6 months. Talk to your health care provider if you think you need to use it longer to avoid using tobacco.

Do not use the nicotine nasal spray at the same time that you are using any other nasal spray. Do not use the nicotine nasal spray if you have sores or bleeding in your nose. Most people have sneezing, watery eyes and nose irritation when they first start using the nicotine nasal spray. These usually do not bother you after a few days.

### Side effects and concerns:

**Common** side effects from the nicotine nasal spray may include: burning in the nose, nose irritation, nose bleeds, sneezing, and watery eyes.

**Rare** reactions to the nicotine nasal spray could include but are not limited to: nausea, vomiting, headaches, dizziness, fast heart rate, and chest pain.

**Allergic** reactions to the spray could include but are not limited to:

Itching of the skin, hives, swelling in the nose, mouth and throat, chest tightness, and difficulty breathing.

If any serious reactions happen to you, stop using the spray 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

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

**PLEASE KEEP THE NICOTINE NASAL SPRAY 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.**

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MaineHealth  
**Center for Tobacco  
Independence**