

Suggested Use of Nicotine Gum

Recommended

- ✓ Use the gum to reduce withdrawal and help with cravings. You can use up to 20 pieces/day.
- ✓ Use a piece of gum at times when you really want a cigarette. Even better - anticipate these triggers in advance and use it a few minutes earlier.
- ✓ Use the gum on a schedule to minimize cravings. For example, use one piece of gum every 1-2 hours.
- ✓ Chew on piece until a peppery taste happens then park it between your gum and cheek. Repeat when peppery taste fades. One piece lasts approximately 30 minutes.

Not Recommended

- ⊘ Do not chew like regular gum.
- ⊘ Do not eat or drink anything besides water 15 minutes prior to or while using the gum, especially coffee or colas.
- ⊘ Do not use if you have dentures, bridges, or without teeth.

Common Side Effects

Indigestion, nausea, mouth or jaw soreness, and hiccups are common side effects. Over-chewing can cause excessive swallowing which can lead to these side effects.

For more information visit: www.MaineQuitLink.com

Frequently Asked Questions

- **Where can I access more gum, lozenges and/or patches?**

Maine QuitLink participants can access free quit medications, including nicotine patch, gum, or lozenges. All three can also be purchased over-the-counter at any drug or grocery store.

- **What about other medications to help me quit?**

There are still other medications to consider too, and you should consult with your health care provider about them: nicotine nasal spray, nicotine inhaler, bupropion (Zyban), or varenicline (Chantix).

- **Can I use more than one of these medications at the same time?**

You can use these medications separately or at the same time. If you do use them at the same time, this is safe as long as you cut back smoking. The most common signs of getting too much nicotine are headaches and dizziness. If you experience either of these, use only one medication at a time. Experts often recommend the combination of nicotine replacement therapy, like lozenges and patches. They can be even more effective when combined with counseling for quitting smoking, like from the Maine QuitLink.

Important: Keep all medications out of reach from children and pets.

