

Suggested Use of Nicotine Lozenge

Recommended

- ✓ Use the lozenge to reduce withdrawal and help with cravings. You can use up to 24 pieces/day.
- ✓ Use a lozenge at times when you really want a cigarette. Even better - anticipate these triggers in advance and use it a few minutes earlier.
- ✓ Use lozenges on a schedule to minimize craving. For example, use one lozenge every 1-2 hours.
- ✓ Place lozenge between your gums and cheek and allow to dissolve slowly, moving lozenge from one side of the mouth to the other. It should last approximately 30 minutes.

Not Recommended

- ⊘ Do not bite or swallow the lozenge, as this may increase the risk of heart burn or indigestion.
- ⊘ Do not eat or drink anything besides water 15 minutes prior to or while using the lozenge, especially coffee or colas.
- ⊘ Do not suck on the lozenge like a piece of hard candy. It is important that the nicotine from the medicine is absorbed in your mouth and not in your stomach.

Common Side Effects

Indigestion, nausea, and hiccups are common side effects. Constant sucking on the lozenge or excessive swallowing can cause 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.

