

Nicotine Lozenge

Also known as Nicorette® Lozenge, Nicorette Mini® (generics available)

Why choose the nicotine lozenge?

- The nicotine lozenge is used to help you quit smoking by “replacing” the nicotine that you would normally get from a cigarette, but without the harmful chemicals found in cigarette smoke.
- It makes you more comfortable while you are quitting because it reduces the cravings and withdrawal that you feel when you stop smoking.
- It can be used with the nicotine patch—and studies have shown that this works better than using only one nicotine replacement medicine.
- It is inexpensive compared to some of the other medicines for quitting smoking, and it is available without a prescription.

How do I use the nicotine lozenge?

- Place it in your mouth, between your cheek and gum, and let it dissolve slowly over 20 to 30 minutes.
- You will have a warm or tingling feeling as the lozenge dissolves in your mouth (this is the nicotine working).
- Move the lozenge from one side of your mouth to the other every few minutes.
- Do not eat or drink for 15 minutes before or while you have the lozenge in your mouth (drinking water before using the lozenge is OK).
- Do not chew or swallow the lozenge because the medicine will not work, and it will upset your stomach.
- **If the lozenge is the only quit smoking medicine you are using,** be sure to use at least 9 lozenges every day for the first 6 weeks. Talk with your pharmacist about how to take the lozenge if you are using it with the nicotine patch.

What strength you use depends on when you smoke your first cigarette of the day:

If you smoke your first cigarette of the day	Use the
Within 30 minutes of waking	4 mg lozenge
More than 30 minutes after waking	2 mg lozenge

(continued on back side)



Dosing schedule (for use while you are awake):

Weeks 1 – 6	→	Weeks 7 – 9	→	Weeks 10 – 12
1 lozenge every 1 to 2 hours		1 lozenge every 2 to 4 hours		1 lozenge every 4 to 8 hours
Do not use more than 5 lozenges in 6 hours or more than 20 lozenges a day.				

How long is the treatment?

- It is recommended that you take this medicine for 12 weeks.

What are the side effects of the nicotine lozenge?

- Mouth and throat irritation (be sure to move the lozenge from side to side in your mouth while it's dissolving).
- Hiccups or upset stomach (be sure not to chew or swallow the lozenge).

What else do I need to know?

- Let your pharmacist know if you are less than 18 years old, pregnant or breastfeeding, had a heart attack within the past 2 weeks, or have irregular heartbeats or angina (chest pain).
- Be sure to read all of the information on the box of lozenges—call your pharmacist if you have questions.
- Be sure to take this medicine according to a regular schedule to **prevent** withdrawal—do not wait until you are craving a cigarette to take a dose, because it does not work as quickly as nicotine from cigarettes.

You have a better chance of quitting for good if you also seek counseling. Talk with your pharmacist and/or call your state's tobacco quitline at **1-800-QUIT-NOW**.

