

# Nicotine Nasal Spray

Also known as Nicotrol NS<sup>®</sup> (no generic available)

## Why choose the nicotine nasal spray?

- The nicotine nasal spray 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 works more quickly than the nicotine patch, gum, lozenge, and inhaler.
- It can be used with the nicotine patch—and studies have shown that this works better than using only one nicotine replacement medicine.

## How do I use the nicotine nasal spray?

- The medicine is used by spraying it into your nose. Follow these steps:

1. Blow your nose (if it is not clear).
2. Tilt your head back slightly.
3. Insert the tip of the bottle into the nostril as far as it is comfortable.
4. Breathe through the mouth while you push the bottom of the bottle upward with your thumb to give yourself 1 spray into each nostril.
5. In case of a runny nose, sniffing **gently** will keep the spray inside of your nose.
6. Do not inhale deeply or swallow the spray.

- Use 1 dose every 1 to 2 hours while you are awake (1 dose = 2 sprays; 1 spray in each nostril).
- **If the nasal spray is the only quit smoking medicine you are using**, be sure to use at least 8 doses every day for the first 6 to 8 weeks, then reduce gradually during the next 4 to 6 weeks of treatment. If you plan to use the nasal spray AND the patch, talk with your pharmacist about dosing.
- Do not use more than 5 doses in an hour or 40 doses a day.

*(continued on back side)*



## How long is the treatment?

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

## What are the side effects of nicotine nasal spray?

- Nose and throat irritation, such as runny nose or stinging/burning (nicotine is irritating)
- Watery eyes
- Sneezing
- Coughing

## What else do I need to know?

- If you have asthma, chronic allergies, frequent sinus infections, or nasal polyps, the nicotine nasal spray is not a good choice for you.
- 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.
- Be sure to read all of the information that the pharmacy provides to you when you fill your prescription—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**.

