

MICHIGAN TOBACCO  
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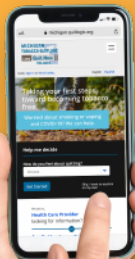
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TREATMENT	HOW TO GET	HOW TO USE	PROS / CONS	NOTES
<b>PATCH</b> 	OVER THE COUNTER or PRESCRIPTION	REPLACE PATCH ONCE DAILY	<ul style="list-style-type: none"> <li>✓ Easy to use</li> <li>✓ Few side effects</li> <li>× Less flexible dosing</li> <li>× Slow nicotine release</li> </ul>	
<b>GUM</b> 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 24 pieces per day	<ul style="list-style-type: none"> <li>✓ Fast nicotine release</li> <li>✓ Flexible dosing</li> <li>× Lots of chewing</li> <li>× Can't eat or drink 15 mins before or during use</li> </ul>	
<b>LOZENGE</b> 	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 20 lozenges per day	<ul style="list-style-type: none"> <li>✓ More nicotine than gum</li> <li>✓ Flexible dosing</li> <li>× Can cause nausea</li> <li>× Can't eat or drink 15 mins before or during use</li> </ul>	
<b>NASAL SPRAY</b> 	PRESCRIPTION	SPRAY ONCE IN EACH NOSTRIL* Up to 40 doses per day (80 sprays/day or 10 sprays/hour)	<ul style="list-style-type: none"> <li>✓ Fastest nicotine delivery</li> <li>✓ Flexible dosing</li> <li>× Frequent use necessary</li> <li>× Can cause nose &amp; throat irritation</li> </ul>	
<b>INHALER</b> 	PRESCRIPTION	5-20 MIN SESSIONS THROUGHOUT THE DAY* Up to 16 cartridges per day	<ul style="list-style-type: none"> <li>✓ Keeps hands busy</li> <li>✓ Flexible dosing</li> <li>× Frequent use necessary</li> <li>× Can cause mouth &amp; throat irritation</li> </ul>	
<b>MEDICATION</b> VARENICLINE BUPROPION 	PRESCRIPTION	USE AS DIRECTED BY YOUR DOCTOR	<ul style="list-style-type: none"> <li>✓ Easy to take pill</li> <li>✓ Can be combined with other treatments*</li> <li>× Possible side effects</li> </ul>	

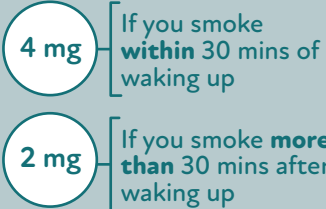
# TREATMENT OPTIONS QUICK GUIDE



## LOZENGE

### STEP 1

Select your strength.\*



### STEP 2

Slowly dissolve the lozenge in your mouth (between cheek and gums), while occasionally moving it from one side of your mouth to the other. The lozenge will take approximately 10-20 minutes to fully dissolve. Do not chew or swallow.

### STEP 3

Reduce usage over time.\*

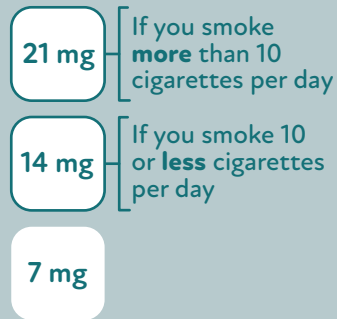
Use 1 lozenge every...



## PATCH

### STEP 1

Select your starting dose.\*



### STEP 2

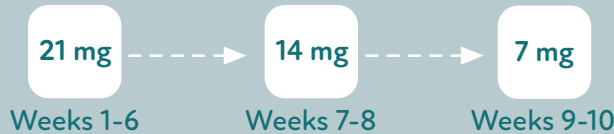
Place the patch on a clean, dry, hairless spot on your upper body or outer arm. Press for 10 seconds.

### STEP 3

Replace patch every 16-24 hours.

### STEP 4

Reduce dosage over time.\*

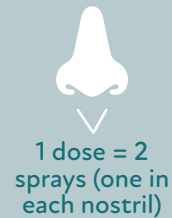


## PRESCRIPTION ONLY

## NASAL SPRAY

### STEP 1

Blow your nose to clear it. Prime pump with 6-8 sprays prior to first use.



### STEP 2

Tilt your head back and spray once in each nostril while breathing through your mouth. Avoid sniffing or inhaling. Wait 2-3 minutes before blowing your nose.

### STEP 3

Reduce dosage over time.\*



## GUM

### STEP 1

Select your strength.\*



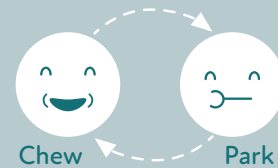
### STEP 2

Choose a flavor. There are many options!



### STEP 3

Chew slowly until the taste becomes strong or tingles, place the gum between your cheek and gums for 1 minute or until tingle is gone. Repeat this **chew and park** method for 30 minutes.



### STEP 4

Use the gum whenever you have the urge to smoke as part of a quit immediately or quit gradually plan.\*

## INHALER

## PRESCRIPTION ONLY

### STEP 1

Insert a cartridge into inhaler. Push and twist mouthpiece back on.



### STEP 2

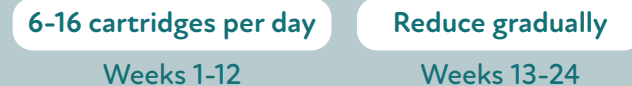
Puff in short breaths through the mouthpiece like you are sipping from a straw. Cartridges last for about 20 minutes of active use, but this can be broken up into multiple shorter uses.

### STEP 3

When the cartridge is empty, remove from the inhaler and discard.

### STEP 4

Reduce usage over time.\*



\* Consult your doctor to determine the appropriate treatment options and dosing.