

Nicotine Inhaler

Also known as Nicotrol Inhaler® (no generic available)

Why choose the nicotine inhaler?

- The nicotine inhaler 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 satisfy your urges to have something in your hand that you bring to your mouth.
- 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 inhaler?

- The nicotine inhaler mimics the hand-to-mouth motion that many people miss when they quit smoking.
- While the best results are often seen with continuous puffing over 20 minutes, many people use the inhaler for just a few minutes, put it down and use it again later for a total of 20 minutes of active puffing per cartridge—over time, you will find what works best for you.
- The nicotine is absorbed across the lining of your mouth and back of your throat.
- Initially, use 1 cartridge every 1 to 2 hours while awake.
- To use a cartridge, inhale gently into the back of the throat or puff in short breaths—do not inhale into your lungs (as you would with a cigarette).
- Replace the cartridge after about 20 minutes of puffing.
- Do not eat or drink for 15 minutes before or while you are using the inhaler (drinking water before using the inhaler is OK).
- When you open a cartridge, it will be good for 24 hours; in hot weather, the nicotine will evaporate more quickly.
- **If the nicotine inhaler is the only quit smoking medicine you are using**, be sure to use at least 6 cartridges every day for the first 3 to 6 weeks, then reduce use after time. If you plan to use the inhaler AND the patch, talk with your pharmacist about dosing.
- Do not use more than 16 cartridges in 24 hours.

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How long is the treatment?

- It is recommended that you use this medicine for 3 to 6 months.

What are the side effects of the nicotine inhaler?

- Mouth and throat irritation
- Cough
- Hiccups
- Upset stomach or nausea

What else do I need to know?

- The nicotine inhaler might be less effective in cold environments (temperatures under 60°F).
- 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**.

