

Nicorette gum for quitting tobacco

About nicotine gum

Nicotine gum allows nicotine to be absorbed from the oral cavity. The gum provides nicotine to your body to decrease withdrawal symptoms and nicotine cravings.

It's important that you quit using tobacco before you begin using nicotine gum. **Don't use tobacco as long as you are using the gum.** If you do use tobacco during this time, you could overdose on nicotine.

We believe nicotine gum works best when used with a program that teaches you to change habits so you can live without nicotine. The Quit For Life® Program helps patients learn these skills.

To contact Quit For Life, call toll-free 1-800-462-5327.

How to use nicotine gum

1. Do not eat or drink anything for 15 minutes before using the gum or while the gum is in your mouth.
2. This medicine should not be chewed like regular gum. Place the gum in your mouth and bite down slowly several times until you feel tingling or a peppery taste. Then 'park' the gum on the side of your mouth between your cheek and your gum.
3. When the tingling stops, slowly start to chew the gum again until the tingling returns. Then, 'park' the gum again on the side of your mouth.
4. Repeat the process of slowly chewing and parking the gum until the tingling or peppery taste is gone. This usually takes about 30 minutes.
5. Throw the gum away and take a fresh piece at your next scheduled time.

Signs of overdose

Stop using the gum immediately and contact Quit for Life or your doctor if you experience any of the following symptoms:

- Nausea
- Increasing saliva
- Tremor
- Rapid or irregular heart beat
- Chest pain
- Confusion
- Blurred vision
- Vomiting
- Diarrhea
- Dizziness
- Bad headache
- Cold sweat

Common side effects

The most common side effects from using nicotine gum include mouth soreness, hiccups, indigestion, or jaw muscle ache. Most of these symptoms will go away over time.

Stop using the gum and contact Quit For Life or your doctor if you have mouth, teeth, or jaw problems, persistent indigestion, or severe sore throat.

Precautions

Some conditions require special precautions. Be sure to let Quit For Life or your doctor know if you have any of the following:

- A recent heart attack (myocardial infarction)
- Heart pain (angina pectoris)
- Irregular heart beat (arrhythmia)
- Asthma
- Pregnant or trying to get pregnant
- Stomach ulcers
- Overactive thyroid
- High blood pressure
- Diabetes requiring insulin
- Kidney or liver disease

The information presented in this pamphlet is not intended to diagnose health problems or to take the place of professional medical care.