

# Nicorette lozenges for quitting tobacco

## About nicotine lozenges

Nicotine lozenges allow nicotine to be absorbed from the oral cavity. The lozenges provide nicotine to your body to decrease the withdrawal symptoms and nicotine cravings.

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

We believe nicotine lozenges work 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 lozenges

1. Do not eat or drink anything for 15 minutes before using the lozenge or while the lozenge is in your mouth.
2. Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Do not chew or swallow the lozenge.
3. Occasionally move the lozenge from one side of your mouth to the other. It will completely dissolve in about 20-30 minutes.
4. Do not use more than one lozenge at a time or continuously use one lozenge after another.
5. Keep the lozenges out of reach of children and pets.

## Signs of overdose

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

- Nausea
- Vomiting
- Diarrhea
- Dizziness
- Bad headache
- Cold sweats

## Common side effects

The most common side effects from using nicotine lozenges include a tingling sensation in the mouth or feeling warm. Other side effects include hiccups, cough, heartburn, nausea, headache, or difficult sleeping. Most of these symptoms will go away over time.

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

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## 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.