

Nicotine Nasal Spray

The nicotine nasal spray is a quit-smoking aid. A pump bottle sprays a small amount of nicotine which is absorbed through the lining of the nose. It helps to reduce cravings and withdrawal symptoms.¹

How to Get Started^{1,2,4}

You can only get the nasal spray with a prescription. Some health plans may cover the cost. Talk to your health care provider before using the nasal spray, especially if you are pregnant, breastfeeding, or have:

- Heart Issues (heart attack, heart rhythm problems, angina)
- High Blood Pressure
- Nose or sinus problems
- Asthma
- Stomach ulcers
- Drug Interactions
- Diabetes

Dose and Schedule²

Follow your health care provider's orders or directions on the label. The average dose and schedule may look like this:

- One dose is 1 mg of nicotine (2 sprays, one in each nostril).
- 1–2 doses per hour for 8 weeks, with a minimum of 8 doses per day and a maximum of 40 doses per day (40 sprays in each nostril).
- Gradual tapering may be recommended between 9 and 14 weeks.
- Your health care provider may adjust the dose based on the number of cigarettes you smoke per day or based on how well you tolerate the spray.

Side Effects^{1,3,4}

When you use the nasal spray, you may have:

- Nose and throat irritation; hot, peppery, burning feeling
- Watery eyes, runny nose, sneezing, or cough
- Headache
- Hiccups
- Stomachache

A QUIT AID IS
JUST A TOOL.
GIVE **YOURSELF**
CREDIT FOR ALL THE
HARD WORK YOU DO!

Call KIC today to get free
personalized help to quit.

800-300-8086



1. Nicotine nasal spray: Uses & side effects. Cleveland Clinic. (n.d.). Retrieved April 23, 2023, from <https://my.clevelandclinic.org/health/drugs/18602-nicotine-nasal-spray>
2. Centers for Disease Control and Prevention. (2022, November 28). Which quit smoking medicine is right for you? Centers for Disease Control and Prevention. Retrieved April 23, 2023, from <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/which-quit-smoking-medicine-is-right-for-you/index.html>
3. Mayo Foundation for Medical Education and Research. (2023, February 1). Nicotine (nasal route) proper use. Mayo Clinic. Retrieved April 23, 2023, from <https://www.mayoclinic.org/drugs-supplements/nicotine-nasal-route/proper-use/drg-20068791>
4. Centers for Disease Control and Prevention. (2022, November 28). How to use the nicotine nasal spray. Centers for Disease Control and Prevention. Retrieved April 23, 2023, from <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/how-to-use-quit-smoking-medicines/how-to-use-nicotine-nasal-spray.html>