

Nicotine Gum

What is Nicotine gum?¹

Nicotine gum is a quit smoking aid.

- It is chewed and “parked” between the cheek and gums.
- It gives nicotine to the body through the lining of the mouth.



How to Get Started^{1,2}

Talk with your doctor before using the gum, especially if you are pregnant or breastfeeding, or have heart issues.

- You can get the gum over-the-counter.
- Some health plans may cover the cost.

Dose and Schedule²

- The gum comes in two doses: 4 mg and 2 mg.
 - » If you smoke your first cigarette within 30 minutes of wake-up, start with 4 mg.
 - » If you smoke your first cigarette more than 30 minutes after wake-up, start with 2 mg.
- Use gum on a schedule, not just when you have a craving. Here is an example:
 - » Weeks 1-6 >> every 1-2 hours
 - » Weeks 7-9 >> every 2-4 hours
 - » Weeks 10-12 >> every 4-8 hours

Tips for Use²

- Do not chew the gum like bubble gum.
 - » Chew it until you can taste the nicotine or feel a tingle in your mouth.
 - » Park it between your cheek and gums.
 - » After about a minute, when the tingling is almost gone, chew it again.
 - » Repeat this process until the tingle is all gone (about 30 minutes).
- Do not use more than 24 pieces per day.
- Do not eat or drink 15 minutes before and during use.
 - » Avoid acidic foods and drinks (like oranges, coffee and soda). These can make the gum less effective.

Side Effects¹

If you use the gum, you may get:

- » Mouth sores
- » Nausea
- » Hiccups
- » Jaw pain
- » Fast heart rate
- » Sore throat

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!

**Call to Get FREE help to quit smoking today!
English: 1-800-QUIT-NOW (1-800-784-8669)**

1. American Cancer Society. (2017). Nicotine Replacement Therapy for Quitting Smoking.
2. American Academy of Family Physicians. (2017). Pharmacologic Product Guide. FDA-approved Medications for Smoking Cessation.