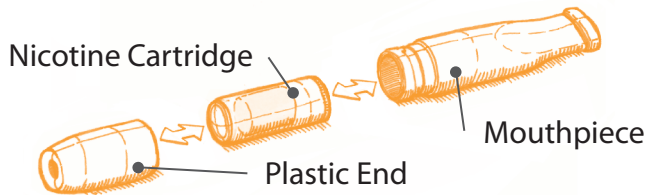


# Nicotine Inhaler

## What is the Nicotine Inhaler?<sup>1,2</sup>

The inhaler is a quit-smoking aid. Users puff on it and get hits of nicotine vapor.



## How to Get Started<sup>1,2</sup>

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

- Heart problems
- Drug allergies
- High blood pressure
- Diabetes
- Stomach ulcers
- Kidney or liver disease
- Thyroid issues
- Asthma

## Dose and Schedule

Use the inhaler on a schedule, not just when you have a craving.

- Each cartridge has 10 mg of nicotine, but only about 2 mg goes into the body.
- Sample schedule for a pack-a-day smoker:
  - In weeks 1-4 >> use 10 cartridges per day (one every 1.5 hours)
  - In weeks 5-8 >> use 7 cartridges per day (one every 2 hours)
  - In weeks 9-12 >> use 4 cartridges per day (one every 4 hours)

## Tips for Use<sup>1,2</sup>

- Puff for 20 minutes at a time.
  - Do not breathe into the lungs.
  - Take short puffs into the mouth or deep puffs into the back of throat.
- Clean the mouthpiece with soap and water often.
- Do not use more than 16 cartridges per day, or for more than 6 months.
- Keep new and used cartridges away from kids and pets.

## Side Effects<sup>1,2</sup>

The most common side effect is upset stomach.

Others may include:

- Mouth and throat irritation
- Coughing
- Nausea
- Diarrhea
- Hiccups

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.