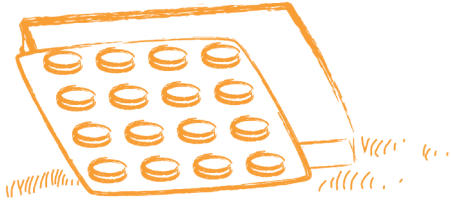


Nicotine Lozenges

What are nicotine lozenges?

Lozenges are quit aids that dissolve in the mouth. They give nicotine to the body through the lining of the mouth.



How to Get Started¹

Talk with your doctor before using lozenges, especially if you are pregnant or breastfeeding, or have heart issues or a stomach ulcer.

- You can get lozenges over-the-counter.
- Many health plans cover the cost.

Dose and Schedule¹

Nicotine lozenges come in two doses: 2 mg & 4 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 them on a schedule, not just when you have a craving. Here is an example:
 - » In weeks 1-6 >> every 1-2 hours
 - » In weeks 7-9 >> every 2-4 hours
 - » In weeks 10-12 >> every 4-8 hours

Tips for Use¹

- Do not eat or drink for 15 minutes before using a lozenge, or while it is in your mouth.
- Put one lozenge in your mouth and let it dissolve slowly.
 - » Move it from side to side.
 - » Make it last 20-30 minutes.
 - » Your mouth may tingle or feel warm.
- Do not chew or swallow the lozenge.
- Do not use more than 5 lozenges in 6 hours, or more than 20 lozenges per day.

Side Effects²

When you use lozenges, you may have:

- » Hard time sleeping
- » Nausea
- » Hiccups
- » Cough
- » Heartburn
- » Headache
- » Gas

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. USFDA (2013). Nicorette lozenge label.
2. American Academy of Family Physicians. (2016). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation.