

## NICOTINE REPLACEMENT THERAPY

### INHALER

#### Brand Name

- Nicorette, Nicotrol, generic store brand

#### Strengths

- Only one strength available (10mg in cartridge, but delivers 4mg).

#### How to Use

- Inhale as you would with a cigarette.
- One cartridge lasts for about 20 minutes of continuous puffing (about 400 puffs).
- Use for 3 months, then only use as needed.

#### Important

- For the first 12 weeks, use 6-12 cartridges per day.

#### Caution

- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

#### Benefits

- Keeps hands busy.
- Can use same cartridge more than once (up to about 400 puffs).

NOTE: A combination of products can be used to best fit your lifestyle and personal needs.

### LOZENGE

#### Brand Names

- Thrive

#### Strengths

- 1mg, 2mg, 4mg

#### How to Use

- If you normally have your first smoke within 30 minutes of waking, start with the 4mg lozenge.
- If you normally have your first smoke after being awake for 30 minutes in the morning, start with the 2mg lozenge.
- Suck on one lozenge until strong taste is noticed, then rest it between cheek and gum for 1 minute. Repeat.
- One lozenge should last 20-30 minutes.

#### Important

- Continue using the lozenge regularly for 3-6 months.

#### Caution

- Let the lozenge dissolve in your mouth and do not swallow or chew the lozenge (it may make you feel sick or cause hiccups or heartburn).
- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

#### Benefits

- Easy to use, keeps mouth busy.
- Easily disguised (looks like you are sucking on a regular mint or candy).

*Ask your pharmacist or doctor about what kind of nicotine replacement therapy is right for you.*