

I am ready to quit.

I have set my quit date.
I have a plan to deal with cravings.
I am ready.

How can nicotine lozenges help me stop using tobacco?



Tobacco stimulates the nicotine receptors in your brain. When you quit tobacco, these receptors still want nicotine, which causes cravings. Using nicotine lozenges can reduce these cravings and help you reach your goal.



Throw yourself a LIFELINE

When you stop using tobacco your brain still craves nicotine. Nicotine lozenges are used as a lifeline, an alternative source of nicotine in place of the tobacco. These lozenges are used to reduce the intensity of cravings while you focus on getting quit.



Public Health
Prevent. Promote. Protect.
**Harford County
Health Department**

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Using Nicotine
Lozenges
To Get Quit



Harford County
Health Department

"Healthy People in a Healthy Environment"

410-612-1781
www.harfordcountyhealth.com

How do I use Nicotine Lozenges?

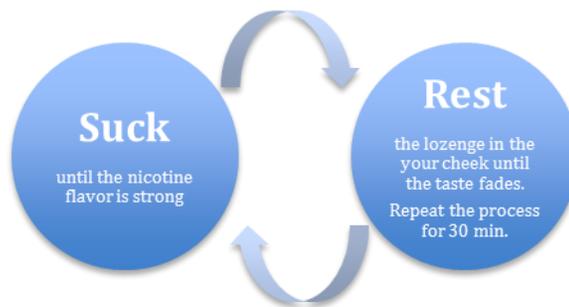
- ◆ Nicotine Lozenges work differently than tobacco. The nicotine is released from the lozenge as it dissolves and then is **ABSORBED** through the lining of your **MOUTH**.
 - ◆ Stop **STOP** using all tobacco products when you start using the nicotine lozenge.
 - ◆ Place **ONLY ONE** lozenge  in your mouth at a time.
 - ◆ **DO NOT CHEW OR SWALLOW.**
 - ◆ Wait **15 minutes** after eating or drinking before using lozenges.
 - ◆ No eating or drinking while using a lozenge. 
 - ◆ The lozenge will dissolve slowly over 20 to 30 minutes. You may notice a warm or tingly feeling.
 - ◆ Suck or “work” the lozenge in your mouth a few times, then allow the lozenge to “rest” in your cheek. Repeat this process while moving the lozenge from one side of your mouth to the other as it dissolves.
 - ◆ Keep lozenges out of reach of  children or pets. **Nicotine is a poison!**
 - ◆ You can use one lozenge every 1 or 2 hours the first 6 weeks.
 - ◆ The next few weeks you can use one lozenge every 2 to 4 hours.
- The last few weeks of treatment you can use one lozenge every 4 to 8 hours.
- Do not use more than 5 lozenges in 6 hours (or more than 20 per day).**



Which strength lozenge do I use?

Your doctor will consider your health status and daily medications to help you determine which strength is right for you. The strength of lozenge and amount of time using each strength will be different for every person.

Typically, if you use tobacco within 30 minutes of waking, you will start out with the 4mg lozenge. If you normally use tobacco more than 30 minutes after waking, you can use the 2mg strength.



Frequently asked Questions

Q: Why do I need to try to wait 15 minutes before eating or drinking before using nicotine lozenge?

A: Food and drink cause your mouth to have an acidic pH. This will not allow the nicotine to be absorbed as well from the lining of your mouth and it will not control cravings as well.

Q: What if I get hiccups while using nicotine lozenge?

A: If you “work” the lozenge too much the nicotine does not have time to be absorbed in your mouth and you will swallow it. This causes hiccups. Try working it fewer times before you rest it.

Q: After a few weeks of using nicotine lozenges I do not need them as often, but I still have some cravings. How can I decrease further?

A: You do not have to use the entire lozenge at one time. Keep the wrapper and when your craving has passed simply wrap it back up and save the rest for later.

Q: What are common side effects of nicotine lozenges?

A: Side effects of nicotine lozenges are usually mild. However, tell your doctor if you develop severe heartburn, sore throat, if you develop blisters in your mouth or your mouth feels sore.

Q: What if I have nausea or feel jittery?

A: Nausea and feeling jittery are both symptoms of nicotine withdraw. Try to decrease caffeine intake. If these symptoms persist or are severe, stop using lozenges and contact your doctor.