

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 gum 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 gum 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 gum is used as a lifeline, an alternative source of nicotine in place of the tobacco. This gum is used to reduce the intensity of cravings while you focus on getting quit.



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**

Harford County Health Department
1321 Woodbridge Station Way, Suite A
Edgewood, MD 21040

www.harfordcountyhealth.com

Using Nicotine
Gum
To Get Quit



Harford County
Health Department

"Healthy People in a Healthy Environment"

410-612-1781
www.harfordcountyhealth.com

How do I use Nicotine Gum?

- ◆ Nicotine gum works differently than tobacco. The nicotine is released from the gum by chewing and then is **ABSORBED** through the lining of your **MOUTH**.
- ◆ Stop  using all tobacco products when you start using the nicotine gum.
- ◆ Place **ONLY ONE**  piece of gum in your mouth at a time.
- ◆ Begin to chew slowly. Chew 5-10 times. You may feel a warm or tingling sensation.
- ◆ **PARK**  the nicotine gum between your cheek and gums.
- ◆ Hold the nicotine gum between your cheek and gums until the tingle stops (about 1 minute).
- ◆ Repeat this process for about 30 minutes, then discard gum.
- ◆ Wait **15 minutes** after eating or  drinking before using nicotine gum.
- ◆ Keep nicotine gum out of reach of  children or pets. **Nicotine is a poison!**
- ◆ You can use one piece of nicotine gum every 1 or 2 hours (or when you have the urge to smoke) for the first few weeks.
- ◆ The next few weeks you can gradually decrease how often you use nicotine gum.



Which strength nicotine gum 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 nicotine gum and amount of time using each strength will be different for every person.

Typically, people using more than 25 cigarettes per day will start with the 4mg nicotine gum. People using less than 25 cigarettes per day can usually start with the 2mg gum.



Frequently asked Questions

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

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 chewing nicotine gum?

A: If you chew nicotine gum too quickly the nicotine does not have time to be absorbed in your mouth and you will swallow it. This causes hiccups.

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

A: If you start with a 4mg strength nicotine gum you can change to the 2mg gum as your cravings decrease. You can also bite a piece of gum in half. Place one half back in the package for later and chew the other half.

Q: What are common side effects of nicotine gum?

A: Side effects of nicotine gum are usually mild. However, tell your doctor if you develop severe heartburn or sore throat.

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 nicotine gum and contact your doctor.