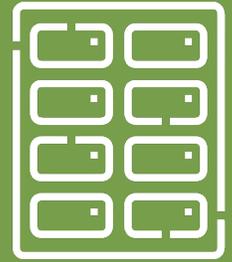


Nicotine Replacement Therapies



Gum

Use one piece every 1-2 hours for the first 6 weeks of your quit attempt and set an alarm to help you stay on schedule. To ensure that your body gets enough nicotine to ease withdrawal symptoms, it is best to use at least 6-8 pieces of gum per day for the first 6 weeks. Try to think ahead about when you might get a craving and use a piece of gum before the craving happens.

If you are using the gum along with the nicotine patch, do not use more than 16 pieces of gum per day. Following 6 weeks of abstinence from tobacco, you can reduce to 1 piece every 2-4 hours and then extend to 1 piece every 4-8 hours.

If you use fewer than 10 cigarettes per day, or do not smoke every day, talk with your doctor or other health care provider about dosing. They may want you to start on a lower dose and use the gum less frequently.

Do not eat or drink for at least 5 minutes before, during or after using the gum, or while the gum is in your mouth. Food and drinks that are acidic, such as soda and coffee, can stop nicotine from absorbing in the lining of the mouth as well.

Nicotine gum is not like regular chewing gum. To use it correctly, you need to alternate between chewing it and parking it; ideally, bite down and chew slowly on the gum for 5-15 seconds or until you feel a tingling in your mouth. Then “park” the gum between your teeth or your cheek and gum. Hold it for 5-15 seconds to let the nicotine absorb through your mouth and into your body. Then repeat this “chew” and “park” process for 15-30 minutes, occasionally changing where you “park” the gum in your mouth.

Keep out of reach of children and pets. Nicotine patches, lozenges and gum – even used gum – may have enough nicotine to make children and pets sick. In case of accidental use or ingestion, contact a Poison Control Center right away at 800-222-1222.



Call **1-800-QUIT-NOW (1-800-784-8669)**
for free, confidential support to quit
tobacco or nicotine.

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