

Lozenges

Use one lozenge every 1-2 hours for the first 6 weeks of your quit attempt and set an alarm to help you stay on schedule. After 6 weeks of abstinence, reduce to 1 lozenge every 2-4 hours. After 3 weeks on that schedule, reduce to 1 lozenge every 4-8 hours. Try to think ahead about when you might get a craving and use a lozenge before the craving happens.

- If you are using the lozenge along with the nicotine patch, do not use more than 16 lozenges per day.
- Do not use more than one lozenge at a time, and do not use one lozenge right after another.
- Do not eat or drink for at least 5 minutes before or after using the lozenge, or while the lozenge is in your mouth.

Nicotine lozenges are not like regular lozenges. To use correctly, put the lozenge in your mouth between your cheek and gum. You may feel a warm or tingling sensation. Allow the lozenge to dissolve slowly over 20-30 minutes or 10-15 minutes for the mini lozenges, moving it from one side of your mouth to the other. Do not chew, suck or swallow the lozenge as nicotine is absorbed in the mouth and it does not get absorbed once it gets to the stomach.

Keep out of reach of children and pets. Nicotine gum, patches and lozenges – even used lozenges – 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.