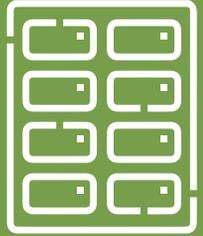


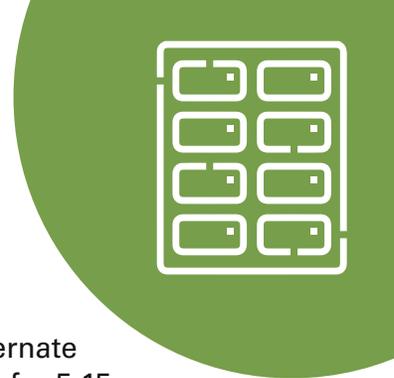
## Nicotine Replacement Therapies:

# 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.

# NRTs: Gum – continued



- **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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