

# Patient Guide: Tobacco Cessation Therapy

## NICOTINE GUM 2mg, 4mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

The gum has nicotine to help you quit smoking by decreasing withdrawal symptoms. Nicotine gum is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date).
- ◆ Begin using the gum on your quit date.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of Chew and Park until the taste or tingle is gone.\*\*
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ Use throughout the day, this is not “as-needed” medication.
- ◆ First week: 1 piece every 1-2 hours. Use at least 8-9 pieces to start.
- ◆ Do not use more than 24 pieces per day.
- ◆ Each week: Self assess and slowly decrease use. You may use sugar-free gum or sugar-free lozenges to replace the nicotine gum.
- ◆ Goal: Decrease use over 2-3 months.track.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

\*\* One piece of gum lasts 20-30 minutes

### What are the possible side effects?

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting.  
**Proper gum use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.