

# Patient Guide: Tobacco Cessation Therapy

## NICOTINE LOZENGE 2mg, 4mg

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

### What does this medication do?

The lozenge has nicotine to help you quit smoking by decreasing withdrawal symptoms. Nicotine lozenge use 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 lozenge on your quit date.
- ◆ Let the lozenge **dissolve** in your mouth near your cheek and gum.
- ◆ Rotate lozenge to different parts of the mouth.\*\*
- ◆ Do not chew or swallow the lozenge.
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.
- ◆ Use throughout the day, this is not “as-needed” medication.
- ◆ First week: 1 lozenge every 1-2 hours. Use at least 8-9 lozenges to start.
- ◆ Do not use more than 20 lozenges per day.
- ◆ Each week: Self assess and slowly decrease use. You may use sugar-free gum or sugar-free lozenges to replace the nicotine lozenge.
- ◆ Goal: Decrease use over 2-3 months.
- ◆ If you slip up and smoke, continue using the lozenge and try not to smoke.

\*\*One lozenge lasts 20-30 minutes (one mini lozenge lasts about 10-15 minutes).

### What are the possible side effects?

- ◆ May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping. **Proper lozenge use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop using and contact your provider.