

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.