

Lozenge

Nicotine Replacement Lozenge (NRT Lozenge)

Tobacco contains a very powerful, addictive drug called nicotine. Your body becomes used to the effects of nicotine. When you go without it, quit, or cut back, your body and brain need to adjust. This adjustment is called nicotine withdrawal. Withdrawal can start as soon as 30 minutes after you last used tobacco. There is medicine that can help with withdrawal and increase your chances of quitting or reducing your tobacco use.

Your healthcare provider will help you decide if this product is the best one for you, what dose you need, how long you should take it, and if you should combine it with another tobacco cessation medicine.

How does it work?

NRT replaces some, but not all, of the nicotine you get from tobacco, without all of the toxic and dangerous chemicals. NRT is safer to use than tobacco.

The lozenge releases nicotine when you suck it. The nicotine is absorbed into the bloodstream through the vessels in your mouth. Nicotine withdrawal should get better within 15 minutes.

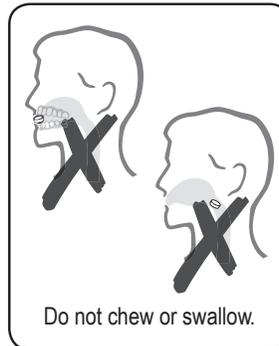
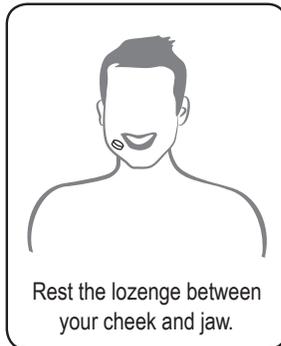
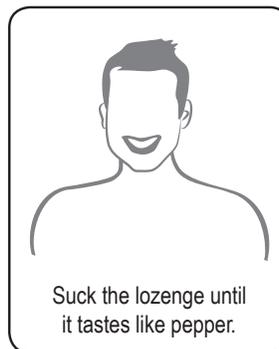
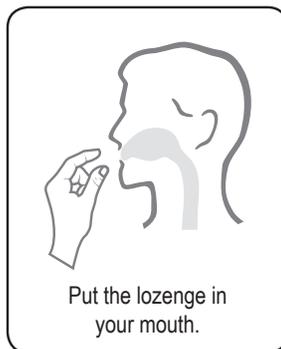
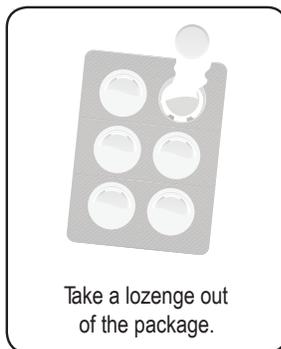
The lozenges come in 1 mg, 2 mg, and 4 mg doses.

If you have any other medical conditions, or are pregnant or breastfeeding, make sure you tell your doctor and your pharmacist before you start this or any other medicine.

Nicotine withdrawal can cause:

- tobacco craving
- irritability
- anxiety
- trouble concentrating
- restlessness
- sleeplessness
- depression
- increased appetite

How do I use it?



Your body may clear the caffeine in coffee, tea, pop, and energy drinks differently once you stop smoking.

You may need to cut down or watch how much caffeine you drink once you stop smoking.



What else should I know?

- One lozenge lasts about 20-30 minutes.
- Try to quit before using the NRT lozenge. If you do still smoke, you can use the lozenge as you cut down on your tobacco smoking.
- Don't eat or drink 15 minutes before using the lozenge. This includes chewing gum and candy. Coffee, tea, soft drinks, alcohol, or citrus juices may affect how the nicotine enters your body.
- If you did eat or drink less than 15 minutes ago, rinse your mouth with water before using the lozenge.
- Store the lozenges at room temperature in a closed container away from heat, moisture, and direct light.
- Store and dispose out of reach of children and pets as the patch has enough nicotine in it to harm a child or animal.

What should I watch for?

- If you have any of these symptoms, you may be getting too much nicotine: fast heartbeat, nausea and vomiting, dizziness, weakness, fainting, sweating, blurry vision, trouble hearing, confusion, and seizures. Stop using and see a doctor right away.
- Side effects include a sore mouth/throat, coughing, hiccups, a dry mouth, and stomach ache. These may be due to improper technique. Please review how to use the lozenge.
- Allergic reaction (for example: very bad itching, hives, swelling in your mouth, a tight feeling in your chest, or trouble breathing). Stop using it and see a doctor right away.
- Speak to your pharmacist about how quitting might affect other medicine you take. Your body may respond to some medicine differently once you stop using tobacco.

Check with your doctor or pharmacist if you have any concerns about changes to your health, including depressed mood, while taking this medicine.

Some people have even experienced suicidal thoughts when trying to quit smoking without medication. Sometimes quitting smoking can lead to worsening of mental health problems that you already have, such as depression.

Before taking any quit-smoking treatment, tell your healthcare provider (doctor, pharmacist or nurse):

- if you have ever had depression or other mental health problems;
- about any concerning symptoms you had during other times you tried to quit smoking, with or without medication.

What else can I do?

Your chance of successfully quitting tobacco improves if you combine quit methods like medicine and supportive counselling.

AlbertaQuits is free, convenient, personalized support to quit smoking or spit tobacco.

AlbertaQuits

FREE | CONVENIENT | PERSONALIZED

albertaquits.ca

1-866-710-QUIT (7848)