

# Nicotine Gum

## What is Nicotine Gum?<sup>1</sup>

Nicotine gum is a quit smoking aid.

- It is chewed and “parked” between the cheek and gums.
- It gives nicotine to the body through the lining of the mouth.



## How to Get Started<sup>1,2</sup>

Talk with your doctor before using the gum, especially if you are pregnant or breastfeeding, or have heart issues.

- You can get the gum over-the-counter.
- Some health plans may cover the cost.

## Dose and Schedule<sup>2</sup>

- The gum comes in two doses: 4 mg and 2 mg.
  - » If you smoke your first cigarette within 30 minutes of wake-up, start with 4 mg.
  - » If you smoke your first cigarette more than 30 minutes after wake-up, start with 2 mg.
- Use gum on a schedule, not just when you have a craving. Here is an example:
  - » Weeks 1-6 >> every 1-2 hours
  - » Weeks 7-9 >> every 2-4 hours
  - » Weeks 10-12 >> every 4-8 hours

## Tips for Use<sup>2</sup>

- Do not chew the gum like bubble gum.
  - » Chew it until you can taste the nicotine or feel a tingle in your mouth.
  - » Park it between your cheek and gums.
  - » After about a minute, when the tingling is almost gone, chew it again.
  - » Repeat this process until the tingle is all gone (about 30 minutes).
- Do not use more than 24 pieces per day.
- Do not eat or drink 15 minutes before and during use.
  - » Avoid acidic foods and drinks (like oranges, coffee and soda). These can make the gum less effective.

## Side Effects<sup>1</sup>

If you use the gum, you may get:

- » Mouth sores
- » Nausea
- » Hiccups
- » Jaw pain
- » Fast heart rate
- » Sore throat

***A quit aid is just a tool. Give yourself credit for all the hard work YOU do!***

**Call for FREE help to quit smoking!  
1-800-300-8086**

<sup>1</sup> American Cancer Society (2017). *Nicotine Replacement Therapy for Quitting Smoking*.

<sup>2</sup> American Academy of Family Physicians (2017). *Pharmacologic Product Guide. FDA-approved Medications for Smoking Cessation*.