**HOW TO USE NICOTINE LOZENGES**
(Moisten and park)

**SUCK**

**SUCK**

**PARK**

**STEP 1**
Place one lozenge in the mouth and slowly suck it until strong taste is noticed, then park between cheek and gum.

**STEP 2**
Wait one minute until taste has faded and repeat sucking until a strong taste is noticed again.

**STEP 3**
Repeat steps 1 and 2 until lozenge is dissolved (up to 30 minutes). Do not chew the lozenge.

**STEP 4**
Repeat steps 1 to 3 whenever you have a craving.

**FOR MORE INFORMATION SEE PRODUCT LEAFLET**

Help is available at smokershelpline.ca and by phone 1-877-513-5333.

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**USING NICOTINE LOZENGES**
(2 mg, 4 mg)

**YOUR QUIT SMOKING PLAN**

- **List the reasons why you want to quit:**
  - Relationship(s)
  - Health
  - Stigma
  - Money
  - Harming others with second hand smoke
  - Other:

- **Understand why you smoke:**
  - Social
  - Stress
  - Boredom
  - Other:

- **Become aware of your triggers:**
  - When you wake up
  - Others who smoke
  - Certain activities (e.g. driving, drinking alcohol)
  - Coffee
  - Stress
  - Other:

- **Deal with triggers. Start with small steps:**
  - Make home/car smoke-free
  - Avoid settings with smoking
  - Drink cold water as an alternative
  - Change routines (e.g. drink tea instead of coffee)
  - Talk with someone for support

- **Set a quit date:**
  - My quit date is:

- **Help is available:**
  - Talk to your health care provider about quitting smoking
  - Consider quit smoking medications to manage withdrawal
  - Use tools and support to help you quit

**Contact Hamilton Public Health Services for a list of quit smoking programs**
905-540-5566 ext. 1

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Adapted with permission from York Region Public Health.
Before using Nicotine Replacement Therapy (NRT), speak to your health care provider if you:

- Have/had heart, thyroid, circulation or stomach problems, stroke or high blood pressure, take insulin or any prescription medications
- Are pregnant or breastfeeding
- Are currently taking the medications Champix (also called Chantix or varenicline) or Zyban (also called Wellbutrin or bupropion)

While taking NRT, tell your health care provider if you experience:

- An allergic reaction
- Any of the signs of too much nicotine including nausea, vomiting, excessive sweating, dizziness, tremors, confusion, weakness, racing heart, or light-headedness

Caution:

- If you experience any of the signs of too much nicotine, stop using the lozenge and then reduce your NRT intake by switching to a lower dose patch or use nicotine lozenges less frequently.
- Do not use any products with nicotine during this time (including cigarettes).

Possible Side Effects of Nicotine Lozenges

- Hiccups
- Nausea
- Throat and mouth irritation

**General Information**

Nicotine lozenges are used to treat nicotine withdrawal symptoms when quitting smoking. Lozenges replace some of the nicotine from cigarettes with a short-acting form of clean nicotine. Reducing withdrawal symptoms can make quitting smoking easier.

Nicotine replacement therapy (NRT) works best when combined with support and a quit plan to manage triggers and cravings.

Nicotine lozenges can be used together with other nicotine replacement therapies (NRT) such as the nicotine patch. NRT works nicotine withdrawal symptoms can be used together with a quitting smoking assist. Nicotine replacement therapies can help manage withdrawal symptoms when quitting smoking. Lozenges replace some nicotine withdrawal symptoms when nicotine replacement therapies are used to treat nicotine withdrawal symptoms.