



How to Use Nicorette Lozenges and Tips to Help You Quit Smoking.

NICORETTE

nicotine polacrilex lozenge

2 mg and 4 mg User's Guide

Lozenge

PLANNING YOUR SUCCESS

- 1) The key to accomplishing anything important is commitment. When it comes to quitting smoking, that is especially true. **Nicorette** Lozenges can help if you really want to quit. **Nicorette** Lozenges help reduce withdrawal symptoms including nicotine craving associated with quitting smoking.
- 2) Your chances of staying off cigarettes are much better if you start with at least 9 **Nicorette** Lozenges daily. For best results, use the lozenges on a regular schedule (as outlined in this User's Guide).
- 3) Start using **Nicorette** Lozenges on your quit date.
- 4) This User's Guide outlines a 12-week plan for **Nicorette** Lozenges. Even though you may feel confident about your non-smoking status after a few weeks, it's important to stick with the plan to help you remain smoke free. Even a single cigarette can put you right back to square one.
- 5) **Nicorette** Lozenges work best when used together with a support plan. See information to the right for the MyQuit behavioral support program.
- 6) After the first six weeks, start using fewer **Nicorette** Lozenges, as directed in the instructions, gradually reducing your use over the next six weeks. If you feel the need to use the lozenges for a longer period to keep from smoking, talk to your health care provider.
- 7) If you have questions about using **Nicorette** Lozenges, call toll-free **1-888-569-1743**, or talk to your pharmacist or family doctor.

YES! YOU WANT TO QUIT.

Wonderful. You've made the most important decision of all, to stop smoking. And by choosing **Nicorette** Lozenges to help you, you're starting on the right path. Now remember, using **Nicorette** Lozenge doesn't just mean taking a **Nicorette** Lozenge. It means setting and following a program like the one we suggest in this User's Guide.

Your own success depends on your effort, your level of addiction to tobacco, and your commitment to following your program.

LET'S FACE IT.

Quitting smoking isn't easy! You or someone you know may have tried unsuccessfully. That's okay. It's hard to stop smoking the first time you try. The important part is to learn from your previous attempts, consider what went wrong and keep trying to quit until you succeed. Look to this User's Guide for support as you undergo this terrific task. The guide includes important information on how to use **Nicorette** Lozenges and also gives you tips to help you stop smoking. Refer back to it often for advice, answers, and encouragement to help you stay on track.

GET MOTIVATED. STAY MOTIVATED.

Everyone has a reason for quitting — whether you're concerned about your health, your appearance, family or peer pressure, or the effect of secondhand smoke on your loved ones — all of the above, or something else entirely. Whatever your reasons, write them down. There's a wallet card on the bottom right of this User's Guide. Write your reasons on the card and carry it with you. When you have an urge to smoke or experience a difficult moment it can help you focus on your reasons for quitting. Lots of people quit with a co-worker, spouse or friend and use them as a quitting buddy. You can help each other out by providing extra encouragement in tough moments.

There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll-free phone numbers are printed on the back of the wallet card on the bottom right of this User's Guide.

UNDERSTANDING THE DOUBLE-EDGED SWORD.

Smoking has two addictive components, a physical and a mental need for the nicotine in tobacco. You need to conquer both to succeed. **Nicorette** Lozenges can ease your physical nicotine addiction. But your readiness and resolve are necessary to help overcome the mental side of your cigarette dependence. So once you're ready, it's time to begin. But first, read and consider the following important warnings.

IMPORTANT WARNINGS

This product is only for those who want to stop smoking. **If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

Ask a doctor before use if you have

- heart disease, recent heart attack or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes
- history of seizures

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking a prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

YOU'RE READY TO START.

Okay, you're ready. To become a non-smoker, start today. Now before you do anything else, you have a bit of planning to do. Read this User's Guide all the way through. You want to make sure you bought the right dose to start. If you typically smoke **your first cigarette within 30 minutes of waking up**, use the 4 mg **Nicorette** Lozenges. If you smoke **your first cigarette more than 30 minutes after waking up**, use the 2 mg **Nicorette** Lozenges. Next, plan your quitting schedule. Get a calendar to follow your progress and mark the following four important dates (see the reminders on the upper left side of this leaflet).

THE PROGRAM

STEP 1 ▶ (Weeks 1-6) Starting on your quit date it's best to use at least 9 Nicorette Lozenges each day, one every 1-2 hours. First choose the day you plan to quit (make it soon). Place the Step 1 reminder on this date. That's the day you will start using **Nicorette** Lozenges to calm your cravings for nicotine and help you stay smoke free. Prior to the quit date, get rid of all your cigarettes to remove temptations and make it more difficult to start smoking again.

Use a **Nicorette** Lozenge every 1 to 2 hours and at least 9 lozenges each day for the first 6 weeks to help prevent unexpected cravings and improve your chances of quitting. **These aren't ordinary lozenges.** Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved. **Remember to read the "USING Nicorette LOZENGES PROPERLY" section before you take your first Nicorette Lozenge.**

STEP 2 ▶ (The next three weeks, that is weeks 7-9).
At the beginning of week 7 start using fewer Nicorette Lozenges, one every 2-4 hours. After six weeks, you should wait a little longer between lozenges, one lozenge every two to four hours. This will help you gradually use fewer **Nicorette** Lozenges. Put the Step 2 reminder on the first day of week 7 to help remind you when to start reducing the number of **Nicorette** Lozenges you take.

STEP 3 ▶ (The last three weeks, that is weeks 10-12).
At the beginning of week 10, reduce Nicorette Lozenge use even further, one every 4-8 hours. At the beginning of week 10 further decrease the number of **Nicorette** Lozenges you use each day to reduce the amount of nicotine you get. You should do this by using one lozenge every 4 to 8 hours. Put the Step 3 reminder on the first day of week 10 so you know when you should be starting this last step to becoming smoke and nicotine-free.

END. ▶ At the end of week 12 you'll complete Nicorette Lozenge therapy.
Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using **Nicorette** Lozenges.

BE PREPARED.

Since smoking is an addiction, it is hard to quit. Even after you stop, there will be times when you WANT a cigarette, sometimes strongly (see also section on "**CHALLENGES TO WATCH FOR**"). The best defense is to be prepared. Plan now for handling tough times so you don't give in. Think about situations where you usually get an urge to smoke or where you might experience strong urges to smoke (for example, spending time with smokers or drinking alcohol — try to avoid these situations if those things tempt you to smoke).

Change your habits. Take your coffee break somewhere else. Take a walk. Break the association between your usual habit and cigarettes.

If you do encounter a situation where you feel a strong urge to smoke, fight it! Take a break from the situation; keep yourself busy or distracted with other activities. Remind yourself why you want to quit, and that having "just one" will really hurt your goal of quitting!

Assemble a "survival package" — items that can keep you distracted in case you get an urge to smoke. For example, cinnamon gum or hard candy, relaxing music, things to keep your hands busy like a smooth stone or paper clips, etc.

Track your quit progress. Use a journal or the MyQuit app on your mobile phone to note if and when you get an urge to smoke. Note how many pieces of **Nicorette** Lozenges you use each day. If you slip and have a cigarette, don't give up. Stop smoking again and get back on your program with **Nicorette** Lozenges.

Establish your support network. Keep friends' and family members' phone numbers ready to get the moral support you need. Before quitting, ask friends and family to support and encourage you. Think of specific ways they can help.

Reward yourself. Set aside little gifts to encourage yourself which you can earn by overcoming difficult hurdles.

HOW Nicorette LOZENGES WORK.

Nicorette Lozenges are a form of Nicotine Replacement Therapy. They deliver nicotine to your body, temporarily relieving craving and nicotine withdrawal symptoms when you quit smoking. But unlike cigarettes, **Nicorette** Lozenges deliver a lower, steady level of nicotine to your blood. When used as directed, **Nicorette** Lozenges help you regulate, control, and gradually reduce your body's craving for nicotine.

The good news is that **Nicorette** Lozenges contain no tar or carbon monoxide, and therefore don't present the same medical risks as cigarettes.

However, the lozenges still deliver nicotine, the addictive ingredient in cigarettes. And for some people the nicotine in **Nicorette** Lozenges can occasionally cause mouth or throat irritation, headaches, nausea, hiccups, upset stomach or dizziness.

USING Nicorette LOZENGES PROPERLY.

Remember, **Nicorette Lozenges aren't like ordinary lozenges such as cough drops.** This lozenge is designed to deliver nicotine into your system through the lining of your mouth, not in your stomach like most other medicines. It is important to minimize swallowing the dissolved medicine in these lozenges so that it can be properly absorbed in your mouth.

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT BEGINNING OF WEEK #1 (QUIT DATE)

STEP 1

1 lozenge every 1 to 2 hours

AT BEGINNING OF WEEK #7

STEP 2

1 lozenge every 2 to 4 hours

AT BEGINNING OF WEEK #10

STEP 3

1 lozenge every 4 to 8 hours

12 WEEKS AFTER QUIT DATE

EX-SMOKER

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69.75

WALLET CARD

My most important reasons to quit smoking are:

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MyQuit

Program brought to you by

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Lozenge

and Haleon

Nicorette has created the **MyQuit** program

to provide you with support wherever and whenever you need it. The program provides a network of tools to help you get through those tough moments.

- **To Your Inbox:** Stay motivated with our personalized email support program that sends encouragement and tips straight to your inbox.
- **On The Web:** Get helpful advice, tips and inspiration from ex-smokers on www.Nicorette.com.
- **On The Go:** Log cravings and track your personal progress on your mobile phone with the MyQuit App.

To learn more visit www.Nicorette.com

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