

# Nicotine Lozenge Guidelines

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To watch videos on how to properly use the nicotine lozenge, visit [www.takingtexasobaccofree.com/videos](http://www.takingtexasobaccofree.com/videos). The video is available in English and Spanish.

## Purpose of Nicotine Lozenges

Most people who use tobacco products experience nicotine withdrawal symptoms after they quit, such as craving and urges to smoke, tension, irritability, sadness, sleep problems, and difficulty concentrating. These symptoms often cause people to start using the tobacco product again.

Nicotine lozenges are a type of nicotine replacement therapy (commonly referred to as NRT) that contain low levels of nicotine that is released into the bloodstream. Nicotine lozenges slowly dissolve in your mouth to release a dose of nicotine to help reduce your withdrawal symptoms.

Despite their effectiveness, these products are not “magic bullets.” People may still experience some withdrawal symptoms while using them. It is very important that you learn to be a non-tobacco user while you are using a NRT product and avoid temptations to use a tobacco product.

## Speak with a Doctor BEFORE Using Nicotine Lozenges if...

- you are a woman and are pregnant or intend to become pregnant or are currently breastfeeding.
- you have heart problems such as congenital heart failure, irregular heartbeat, or recent previous heart attacks.
- you have high blood pressure not controlled with medication, or if you have stomach ulcers, diabetes, or a history of seizures.

## Proper Use of Nicotine Lozenges

- The recommended dose of your lozenge will depend on how much tobacco you use per day and how quickly you use your tobacco product upon waking up. The frequency of your lozenge use will vary according to your stage in the nicotine replacement treatment. Your healthcare professional will provide specific guidance.
- When taking the lozenge, place it in your mouth and allow it to slowly dissolve (about 20-30 minutes). You may feel a warm or tingling sensation.

- Minimize swallowing and do NOT chew or swallow the lozenge.
- Occasionally move the lozenge from one side of your mouth to the other until completely dissolved.
- Do NOT use more than one lozenge at a time or take them one after another since this can cause hiccups, heartburn, nausea, or other side effects.
- Do NOT eat or drink 15 minutes before using or while the lozenge is in your mouth.
- Don't worry if you do not like the taste of the lozenge at first. Nicotine lozenges are a medication, not a candy. Most people get used to the taste after a day or two.

## Possible Negative Side Effects of Nicotine Lozenges

Although many people experience no side effects from the lozenge, some people have minor reactions. The most common is hiccups, indigestion, cough or increased salivation. Some people may experience irregular or rapid heartbeat. Other side effects may include nausea, vomiting and/or diarrhea.

Do not let children handle these products. If any severe side effects or poisoning is suspected – for you or someone else – such as severe allergic reaction, seizures, dizziness, difficulty breathing, or irregular heartbeat, contact your health care provider and seek medical care immediately. You can contact the American Association of Poison Control at 1-800-222-1222 or seek further care at an emergency room.

## Storage of Nicotine Lozenges

- Store at room temperature.
- Keep out of the reach of children and pets.
- Keep away from excessive heat, moisture, and light.

If you have questions about the nicotine lozenge, contact your healthcare professional.

## The recommendation for my nicotine replacement treatment is:

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