



## What is Nicotine Gum

Nicotine gum is a quit smoking aid.

- Chew and "park" it between your cheek and gums.
- This delivers nicotine to the body through the lining of the mouth.

## How to Get Started

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

- The gum is available over-the-counter.
- Some health plans may cover the cost.

## Dose and Schedule

- The gum comes in two doses: 4 mg and 2mg.
- 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

## Side Effects

If you use the gum, you may get:

- Mouth sores
- Nausea
- Hiccups
- Jaw pain

## Tips for Use

- Do not chew like bubble gum.
  - Chew it until you can taste the nicotine or feel a tingle in your mouth
  - Park it between your cheeks 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

