



## What is Nicotine Inhaler?

The inhaler is a quit-smoking aid. Users puff on it and get hits of nicotine vapor.

## How to Get Started

You can only get the inhaler with a prescription. Some health plans may cover the cost. Talk with your doctor before using the inhaler, especially if you are pregnant, breastfeeding, or have:

- Heart problems
- Drug allergies
- Diabetes
- Stomach ulcers
- Kidney or liver disease
- Thyroid issues
- Asthma

## Dose and Schedule

Use the inhaler on a schedule, not just when you have a craving.

- Each cartridge has 10 mg of nicotine, but only about 2 mg goes into the body.
- Sample schedule for a pack-a-day smoker:
  - In weeks 1-4 >> use 10 cartridges per day (one every 1.5 hours)
  - In weeks 5-8 >> use 7 cartridges per day (one every 2 hours)
  - In weeks 10-12 >> use 4 cartridges per day (one every 4 hours)

## Tips for Use

- Puff for 20 minutes at a time.
  - Do not breathe into the lungs.
  - Take short puffs into the mouth or deep puffs into the back of the throat.
- Clean the mouthpiece with soap and water often.
- Do not use more than 16 cartridges per day, or for more than 6 months.
- Keep new and used cartridges away from kids and pets.

## Side Effects

The most common side effect is upset stomach. Others may include:

- Mouth and throat irritation
- Coughing
- Nausea
- Hiccups
- Diarrhea

