



What is Nicotine Gum?

Nicotine gum is a quit smoking aid.

- It is chewed and "parked" between the cheek and gums
- It gives 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

- You get the gum over-the-counter
- Some health plans may cover the cost

Dose and Schedule

- The gum comes in two does: 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

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
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Side Effects

If you use the gum, you may get:

- Mouth sores
- Nausea
- Hiccups
- Jaw pain