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 2 mg.
- 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
Some people who have used this product experienced:
- 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.