



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.

