



## Nicotine Lozenges

### What are Nicotine Lozenges?

Lozenges are quit aids that dissolve in the mouth. They give nicotine to the body through the lining of the mouth.

### How to Get Started

Talk with your doctor before using lozenges, especially if you are pregnant or breastfeeding, or have heart issues or a stomach ulcer.

- You can get lozenges over the counter.
- Many health plans cover the cost.

### Dose and Schedule

Nicotine lozenges come in two doses: 2 mg & 4 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 of wake-up: start with 2 mg.
- Use them on a schedule, not just when you have a craving. Here is an example:
  - In weeks 1-6: every 1-2 hours.
  - In weeks 7-9: every 2-4 hours.
  - In weeks 10-12: every 4-8 hours.

### Tips for Use

- Do not eat or drink for 15 minutes before using a lozenge, or while it is in your mouth.
- Put one lozenge in your mouth and let it dissolve slowly.
  - Move it from side to side.
  - Make it last 20-30 minutes.
  - Your mouth may tingle or feel warm.
- Do not use chew or swallow the lozenge.
- Do not use more than 5 lozenges in 6 hours, or more than 20 lozenges per day.



### Side Effects

Some people who have used this product experienced:

- Hard time sleeping.
- Nausea.
- Hiccups.
- Cough.
- Heartburn.
- Headache.
- Gas.