What is the Nicotine Nasal Spray?
The nicotine nasal spray is a prescription medicine approved by the FDA to help people quit smoking.

How to Get Started
Talk with your doctor before using the nicotine nasal spray, especially if you are pregnant or breastfeeding, or have heart issues.
- You’ll need a prescription for the nicotine nasal spray.
- Some health plans may cover the cost.

Dose and Schedule
- 1 “dose” = 1 squirt per nostril
- 1 to 2 doses/hour; 8 to 40 doses/day
- Do NOT inhale
- Use nasal spray on a schedule, not only when you have a craving. Talk to your doctor with help for setting a dose and tapering when you are ready.
- Use for 3 to 6 months; taper at end

Side Effects
- Not for patients with asthma
- During the first week, many people experience a hot, peppery feeling in the back of the throat or nose, as well as sneezing, coughing, watery eyes, or runny nose when using the nasal spray. These symptoms should lessen after a week of regular use. Contact your doctor or other healthcare provider if the symptoms are particularly bothersome or do not go away.
- May cause dependence

Tips for Use
To use the nasal spray:
- First blow your nose to ensure it is clear.
- Tilt your head back slightly.
- Put the tip of the bottle into your nostril – as far as you feel comfortable. Breathe through your mouth.
- Spray once in each nostril.
- Do not sniff, swallow, or inhale while spraying.
- If your nose runs, gently sniff to keep the medicine in your nose, where it will be absorbed.
- Wait at least 2-3 minutes before blowing your nose.
- One bottle of nasal spray typically delivers about 200 sprays.
- If the bottle breaks or leaks, wear rubber gloves to wipe up the liquid with a paper towel and to wash surfaces thoroughly. Do not let the liquid come in contact with your skin, mouth, or eyes. If it does, rinse with plain water immediately.
- Keep out of reach of children and pets. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).