



## Using the Nicotine Inhaler

### What is the nicotine inhaler?

- The nicotine inhaler is only available through prescription.
- The nicotine inhaler is shaped like a little cigarette. When you suck on it they release nicotine into your lungs.
- The inhaler consists of a mouthpiece and cartridges that contains 10 mg of nicotine.
- Recommended dosage is 6 to 16 cartridges per day.



### How Do I Take This Medication:

- You should completely quit smoking before you start using the inhaler.
- For maximum benefit, you should puff frequently. Follow your doctor's directions exactly.
- Avoid soda, juices, and coffee 15 minutes before and after, as acid inhibits absorption of nicotine.
- Use is recommended for up to 6 months.
- Reduce the frequency of dose over the last three to six months.
- Delivery of nicotine from the inhaler lowers significantly at temperatures below 40F. In cold weather, the inhaler and cartridges should be kept in an inside pocket or warm area.

### Precautions:

Pregnant smokers should first be encouraged to quit without stop smoking medicine treatment unless prescribed by a physician. Nicotine replacement should only be used during pregnancy if there is the likelihood of quitting smoking. The benefits of quitting smoking outweighs the risk of the nicotine replacement. The same is true for nursing mothers.

*Cardiovascular Disease* – Nicotine replacement therapy should be used with caution among particular cardiovascular patient groups: those in the immediate (within 2 weeks) post heart attack period, those with serious heart arrhythmias, and those with serious or worsening angina.

Should be used with caution in patients with asthma, coronary heart disease, vasospastic diseases (vascular spasm), over-active thyroid gland, pheochromocytoma, insulin dependent diabetes, active peptic ulcer disease, or accelerated hypertension.

### Side Effects:

Heartburn	Sore throat oral burning
Irritation or soreness in the mouth	Coughing after inhalation
Rhinitis	

For more information please visit: [http://www.pfizer.com/products/rx/rx\\_product\\_nicotrol.jsp](http://www.pfizer.com/products/rx/rx_product_nicotrol.jsp)