



Using A Nicotine Inhaler

Description/Availability:

- The nicotine inhaler is only available through prescription.
- It consists of a mouthpiece and a cartridge. The cartridge contains 10 mg of nicotine.
- Each cartridge delivers 4 mg of nicotine via eighty deep inhalations over 20 minutes—2 mg of which are systemically absorbed.
- 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.
- Gradual reduction in frequency is recommended over the last three to six months.
- *Ambient Temperature* – Delivery of nicotine from the inhaler declines significantly at temperatures below 40F. In cold weather, the inhaler and cartridges should be kept in an inside pocket or warm area.

Precautions/Contraindications:

- *Pregnancy* Pregnant smokers should first be encouraged to quit without pharmacologic treatment. The Nicotine inhaler should be used during pregnancy only if the likelihood of smoking abstinence, with its potential benefits, outweighs the risk of nicotine replacement and potential concomitant smoking.
- Similar factors should be considered in lactating women. Talk to your doctor.
Cardiovascular Disease – Nicotine replacement therapy is not an independent risk factor for acute myocardial events. 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 bronchospastic disease (*asthmatics*), coronary heart disease, vasospastic diseases, hyperthyroidism, pheochromocytoma, insulindependent diabetes, active pepticulcer disease, or accelerated hypertension.

Side Effects:

- Irritation of the mouth or throat—40%
- Coughing—32%
- Rhinitis (inflammation of the nasal mucous membranes)—23%

Approximate Costs:

- \$9.71 for 10 cartridges/day
- \$15.54 for 16 cartridges/day