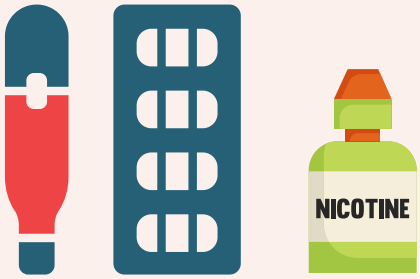
Short-Acting NRT



Short-acting nicotine replacement therapies (NRTs) are used to manage breakthrough cravings by delivering nicotine quickly. Short-acting NRTs are available over-the-counter, and include: **chewable gum**, **dissolvable lozenges**, **inhalation devices**, and **oral sprays**.

Quick Tips

- For best effect, wait 10-15 minutes before/after eating to use a short-acting NRT.
- Do not swallow the gum or lozenge. Do not apply the nicotine spray directly to the back of the throat. Do not inhale deeply when using the nicotine inhaler.
- When in doubt, follow the instructions listed on the product.

Benefits

A. **Fast relief:** Provide quick relief from withdrawal symptoms and cravings. Oral sprays are the fastest-acting NRT.

B. **Flexible:** Short-acting NRTs can be combined with the nicotine patch and other prescription medications like varenicline or bupropion.

C. **Convenient:** Available in different forms making them easy to use on the go and as needed throughout the day.

Potential Side Effects

Depending on the type of short-acting NRT, side effects include:

- Dizziness, headaches
- Hiccups, heartburn, indigestion
- Cough, throat and mouth irritation
- Sore jaw
- Nausea, vomiting, diarrhea

Recommended Dosing

Gum

Available in 2mg (<15 cpd); 4mg (>15 cpd)

1 piece/hour
Max 20 4mg pieces/day
(6, if wearing patch)

Lozenge

Available in 2mg (<25 cpd); 4mg (>25 cpd)

1 piece/hour
Max 15 2mg lozenges/day
(6, if wearing patch)

Inhaler

Available in 10mg nicotine + 1 mg menthol

Max 12 cartridges/day
(6, if wearing patch)

Spray

Available in 1mg spray

1-2 sprays every 30-60 mins
Max 4 sprays/hour

- Note: Dosage may be different if you are on combination treatment. Discuss off-label dosing with your healthcare provider.

Speak to your healthcare provider to assess what kind of nicotine replacement therapy is right for you.

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