

# Nicotine Replacement Therapy (NRT)



## Nicotine Gum (2mg)

### Common Use

This medication is typically used to minimize withdrawal symptoms from quitting smoking by replacing some of your cigarettes' nicotine with a short-acting form of clean nicotine. Reducing withdrawal symptoms can help make quitting smoking more tolerable. The nicotine gum can be used in combination with other Nicotine Replacement Therapies. Nicotine Replacement Therapy works best when used in combination with behavioural quit smoking strategies.

### How to Use

- Put one piece of gum in your mouth when you have an urge to smoke. Chew the gum slowly a few times until there is a strong taste, or you feel a slight tingling sensation (this indicates that nicotine is being released). Then park the gum between your cheek and gums and hold it there until the tingling sensation is almost gone. This will allow the nicotine to be absorbed in the lining of your mouth. Repeat this procedure for about 30 minutes or until all of the flavour is gone.
- It is important to use this "Chew-Chew-Park" method when using nicotine gum since the nicotine needs to be absorbed through the lining of your mouth.
- Chewing the nicotine gum like regular gum may cause too much nicotine to be released, or you may swallow most of the nicotine. This may reduce its effectiveness and increase the chances of side effects.
- Do not drink acidic beverages (e.g. juice, coffee, soda) or eat 15 minutes before or while the gum is in your mouth; this will interfere with the absorption of nicotine through the mouth.
- Do not chew more than one piece of gum at the same time, chew the gum rapidly, or use one piece immediately after the other. Doing any of these may cause excessive nicotine to be released which may cause adverse effects.

### Possible Side Effects

- May cause throat and mouth irritation, nausea, indigestion, hiccups, or sore jaw. Most of these may be alleviated by using the chewing the gum slowly using the "Chew-Chew-Park" method

### General Information

- Do not use if you have temporomandibular joint (TMJ) dysfunction, or if you cannot chew gum. Tell your practitioner if you have dentures.
- It is important to tell your health practitioner if you:
  - Have recently had a heart attack, stroke, worsening angina or arrhythmias
  - Are pregnant or breastfeeding
  - Are currently taking the medications Champix® (also called Chantix® or varenicline) or Zyban® (also called Wellbutrin® or bupropion)
  - Experience an allergic reaction
  - Experience any of the signs of too much nicotine: nausea and/or vomiting, excessive sweating, vertigo, tremors, confusion, weakness, racing heart, light-headedness
- If you experience any of the signs of too much nicotine, stop using the gum for a couple of hours. Do not use any products with nicotine during this time (including cigarettes). If the symptoms go away, you may be receiving too much nicotine and will need to reduce your NRT dose by switching to a lower dose patch or using the nicotine inhaler, gum or lozenge less frequently.