

# Nicotine Replacement Therapy (NRT)



## Nicotine Inhaler (10mg; 4mg of nicotine delivered)

### 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 inhaler 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

- Line up the ridges on each side of the tube-shaped inhaler to pull the two pieces apart. Put one nicotine cartridge into the tube. Put the two sides of the inhaler tube together again by lining up the ridges. Twist the two sides of the tube. The nicotine inhaler is now ready to use.
- Puff on the inhaler using shallow inhalations (like you might smoke a cigar), instead of inhaling deeply like you do your cigarette. The nicotine vapours need to be absorbed in your mouth and upper respiratory tract.
- Use the inhaler more frequently at first, and at times when you most crave cigarettes (about 6 cartridges a day if you are not using it in combination with other Nicotine Replacement Therapies; less if you are using it in combination with other Nicotine Replacement Therapies like the patch)
- Puff on it for about 4-5 minutes each time.
- Each cartridge can be reused multiple times. A single cartridge lasts for about 80-400 puffs, or 20 minutes of continuous puffing.
- You may notice a warm or cool sensation (similar to menthol) when inhaling. This is okay unless it becomes bothersome.
- Clean the inhaler on a regular basis with soap and water.
- Once a nicotine cartridge has been punctured, it will dry out after 24 hours even if it has not been used.

### Possible Side Effects

- May cause throat and mouth irritation, nausea, or indigestion. These may be alleviated by not inhaling so deeply when using the inhaler. The nicotine vapours are meant to be absorbed through the lining of the mouth; pulling back too hard may cause throat irritation or GI symptoms.

### General Information

- 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 inhaler 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.