

Nicotine Replacement Therapy (NRT)



Nicotine Lozenge (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 lozenge 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 lozenge in your mouth when you have an urge to smoke. Suck on the lozenge, parking it next to your gums and allowing it to slowly dissolve in your mouth over 20-30 minutes. Every now and then, move the lozenge to another spot in your mouth.
- The nicotine that is released from the lozenge needs to be absorbed through the lining of the mouth, so the lozenge needs to dissolve naturally.
- There may be a warm or tingling sensation from the lozenge which is normal unless it becomes bothersome.
- Do not bite, chew or swallow the nicotine lozenge as this will reduce its effectiveness and increase the risk of side effects.
- Do not drink acidic beverages (e.g. juice, coffee, soda) or eat 15 minutes before or while the lozenge is in your mouth; this will interfere with the absorption of nicotine through the mouth.
- Do not use more than one lozenge at the same time, or use them 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, or hiccups.

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 lozenge 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.