Nicotine replacement therapy

Nicotine lozenges help you to quit smoking

Contact information
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Talk to your health professional or quit smoking specialist for more advice regarding any of the information in this leaflet

Please note that this information leaflet is not intended to replace the product consumer medication information and health professional advice

If you would like to provide feedback or request a copy of this information, contact us at patient.info@alfred.org.au

Nicotine lozenges
Totally Smokefree

Developed & reviewed by our consumers

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AlfredHealth
Nicotine lozenges

What is it used for?
Nicotine lozenges help you to quit smoking. It helps by reducing the desire to smoke, and some of the feelings of withdrawal which you may experience when you stop smoking, such as:

- irritability
- restlessness
- cravings for a cigarette

Nicotine lozenges increase your chance to quit smoking and stay quit for good!

Talk to your health professional or quit smoking specialist for more information

How does it work?
The lozenge delivers nicotine into the bloodstream through the lining of the mouth (and under the tongue). This helps reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from your cigarette.

When do I use a lozenge and how many do I use?
Every time you have a craving or expect a craving for a cigarette, even if it has not happened yet!

The lozenge works best when you use it 20 minutes before an activity, an emotion or any situation that may trigger you to have a cigarette. You can have a lozenge every hour, if needed.

If you are using more than 15 lozenges in a day, please see your health professional or quit smoking specialist about using another product.

Which strength of lozenge should I use?
Nicotine lozenges come in two strengths – 2mg or 4mg.

The right strength for you depends on when you have your first cigarette in the morning and the number of cigarettes you smoke. If you have a cigarette first thing in the morning, you should try the 4mg strength first.

How do I use a lozenge?
You place the lozenge in the mouth between the gum and cheek and move it from one side of the mouth to the other. Do this until it’s completely dissolved (this takes about 20 to 30 minutes). Do not chew or swallow the lozenge.

How long should I use the lozenges to help with cravings for a cigarette?
Treatment is usually for at least 8 weeks.

Are there any special instructions?
If you drink acidic beverages like coffee, fruit juice, soft drinks or beer, wait for 15 minutes before using the gum (it will not work as well).

Do not use the lozenge while you are eating or drinking (it will not work as well).

Some people experience mild nausea, flatulence, a sensitive mouth or hiccups after using a lozenge.

If you experience hiccups, these will generally only last a few minutes.

Can I use nicotine lozenges and a nicotine patch at the same time?
A nicotine patch is often used together with a fast-acting product (such as nicotine lozenges, gum, inhalator or mouth spray) to help you quit smoking. This is known as ‘combination therapy’.

It is safe to use these two nicotine replacement products together and it gives you the best chance to quit.

Please see your health professional or quit smoking specialist for more advice.