Nicotine replacement therapy

Contact information
Email: quitsmoking@alfred.org.au

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

Nicotine gum helps you to quit smoking

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

Totally Smokefree
Nicotine gum

How does it help?
Nicotine gum helps you to quit smoking. It helps by relieving 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 gum increases your chance to quit and stay quit for good!

How does it work?
The gum delivers nicotine through the lining of the mouth into the blood stream. This helps reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from your cigarette.

When should I use the gum & how many pieces?
Every time you have a craving or expect a craving for a cigarette, even if it has not happened yet!
The gum 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 one piece of gum every hour, if needed.
If you are using more than 10 pieces of gum in a day please see your health professional or quit smoking specialist about using another product.

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

How do I use the gum?
Place the gum in your mouth and chew slowly until a ‘tingly sensation’ or ‘bitter taste’ appears (this means the nicotine is being released). Now ‘park’ the gum either under the tongue or between your gum and cheek until the tingling stops.
Start to chew the gum again once the tingling stops - this helps to continue the release of nicotine from the gum.
Keep repeating the “chewing & parking” of the gum for up to 30 minutes.

Which strength of gum should I use?
Nicotine gum comes 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.

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).
Some people may experience nausea and hiccups. Hiccups should only last for a couple of minutes.

Do not use nicotine gum while you are eating or drinking (it will not work as well).
Do not swallow because the nicotine will not be absorbed and will not work.
Do not use if you wear dentures or have dental caps/bridges.

If you have reflux, it may be best to use another product.

Can I use nicotine gum and a nicotine patch at the same time?
A nicotine patch is often used together with a fast-acting product (such as nicotine gum, lozenge, 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.