Nicotine replacement therapy

Nicotine mouth spray helps you to quit smoking

Press down on the green nozzle

Contact information
Email: quitsmoking@alfred.org.au

Smokefree team – The Alfred
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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
How does it help?
Nicotine mouth spray helps 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 mouth spray increases your chance to quit and stay quit for good!

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

How often can I use the mouth spray?
Every time you have a craving or expect a craving for a cigarette, even if it has not happened yet!
- Use one or two sprays each time. Try one spray first. If the cravings have not gone in a few minutes, do a second spray.
- You can repeat every 30 minutes when needed.

If you are using more than 64 sprays in a day, please see your health professional or quit smoking specialist about using another product.

How do I open and close the mouth spray?
Use your thumb to slide down the black button then push in. While pushing in, slide your thumb up as far as it will go. The ‘green nozzle’ will now appear.
If the spray is being used for the first time or it has not been used for several days, you need to load the nozzle with the nicotine spray.

How do I load the nozzle with the nicotine spray?
Pointing the spray away from you, press down on the nozzle with your index finger. Press several times until you see a fine mist. Now it’s ready to use!

How do I use the mouth spray?
You can either spray under the tongue or to the inside of your cheek.
For under the tongue
- Put the tip of your tongue to the roof of your mouth and spray directly under the tongue.
For inside the cheek
- Angle the nozzle so it’s facing the inside of your cheek and press firmly to release the product. You will feel a ‘fine mist’ against your cheek.

Do not swallow for a few seconds after spraying for best results (this helps the nicotine absorb through the lining of your mouth).

How long should I use the mouth spray 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 spray (it will not work as well).
Do not use nicotine spray while you are eating or drinking (it will not work as well).
Do not swallow the spray (it will not work and can make you feel sick).
Some people may experience hiccups. These will generally only last a few minutes.

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