Nicotine replacement therapy

Nicotine inhalator helps 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 inhalator
Totally SmokeFree
Nicotine Inhalator

How does it help?

Nicotine inhalator helps you to quit smoking 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

The nicotine inhalator increases your chance to quit and stay quit for good!

How does it work?

The inhalator 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 do I use the inhalator & how often?

Every time you have a craving or expect a craving for a cigarette, even if it has not happened yet!

The inhalator works best when you use it 20 minutes before an activity, an emotion or any situation that may trigger you to have a cigarette.

One cartridge is equivalent to about 7 cigarettes.

8 – 10 puffs deliver about the same amount of nicotine as from one puff of a cigarette.

If you are using more than 6 cartridges per day it may be best to speak to your health professional or quit smoking specialist about using another product.

How do I insert the nicotine cartridge into the inhalator?

The inhalator comes in two pieces.

To open the inhalator, line up the raised marks on the inhalator and pull apart the two pieces.

Remove the cartridge from the foil wrapper, and insert firmly into the shorter end of the mouthpiece.

Join the two pieces again and line up the marks and push together firmly.

Twist the two pieces so that the marks are no longer in line. Now it’s locked and ready to use!

How do I use the inhalator?

You don’t inhale on the inhalator like you would a cigarette. You must take short and shallow inhalations, similar to sipping on a straw.

Are there any special instructions?

If you drink coffee, fruit juice, soft drinks or beer, wait for 15 minutes before using (it will not work as well).

Opened cartridges should only be used for a maximum of 12 hours.

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

Some people experience coughing or taste the menthol (strong mint flavour) at the back of their throat. This is because of incorrect use. Remember you don’t use the inhalator as you would a cigarette. Do not take deep inhalations.

Can I use the inhalator and a nicotine patch at the same time?

A nicotine patch is often used together with a fast-acting product (such as the nicotine inhalator, lozenge, gum 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.