

## What is the Nicotine Inhaler?<sup>1,2</sup>

The inhaler is a quit-smoking aid. Users puff on it and get hits of nicotine vapor.



## How to Get Started<sup>1,2</sup>

You can only get the inhaler with a prescription. Some health plans may cover the cost. Talk with your doctor before using the inhaler, especially if you are pregnant, breastfeeding, or have:

- Heart problems
- Stomach ulcers
- Drug allergies
- Kidney or liver disease
- High blood pressure
- Thyroid issues
- Diabetes
- Asthma

## Dose and Schedule

Use the inhaler on a schedule, not just when you have a craving.

- Each cartridge has 10 mg of nicotine, but only about 2 mg goes into the body.
- Sample schedule for a pack-a-day smoker:
  - » In weeks 1-4 >> use 10 cartridges per day (one every 1.5 hours)
  - » In weeks 5-8 >> use 7 cartridges per day (one every 2 hours)
  - » In weeks 9-12 >> use 4 cartridges per day (one every 4 hours)

## Tips for Use<sup>1,2</sup>

- Puff for 20 minutes at a time.
  - » Do not breathe into the lungs.
  - » Take short puffs into the mouth or deep puffs into the back of throat.
- Clean the mouthpiece with soap and water often.
- Do not use more than 16 cartridges per day, or for more than 6 months.
- Keep new and used cartridges away from kids and pets.

## Side Effects<sup>1,2</sup>

The most common side effect is upset stomach.

Others may include:

- » Mouth and throat irritation
- » Coughing
- » Nausea
- » Diarrhea
- » Hiccups

***A quit aid is just a tool. Give yourself credit for all the hard work YOU do!***

**Call for FREE help to quit smoking!  
1-800-300-8086**

<sup>1</sup> American Cancer Society. (2017). *Nicotine Replacement Therapy for Quitting Smoking*.

<sup>2</sup> American Academy of Family Physicians. (2017). *Pharmacologic Product Guide. FDA-approved Medications for Smoking Cessation*.