



# Nicotine Replacement Products: How to Use?

## How Do I Use a Nicotine Patch?

21mg, 14mg, 7mg

1. On the morning of your quit date, place the nicotine patch above the waist on a non-hairy area.
2. Avoid placing the nicotine patch on the neck, breast, tattoo or scar areas.
3. Apply a new nicotine patch daily, changing the location each time.
4. Call your doctor if you experience a skin reaction.
5. If you have trouble sleeping at night, remove the nicotine patch before bed and apply a new one the next morning.

Your doctor has recommended the \_\_\_\_\_ mg nicotine patch.

## How Do I Use Nicotine Gum?

4mg, 2mg

1. Chew the nicotine gum until you can taste the spicy flavor.
2. “Park” the gum between your cheek and gum for approximately 5 minutes. (“Parking” is very important for absorption of the nicotine.)
3. Repeat the “chew and park” method for approximately 30 minutes; then remove.
4. Do not drink acidic beverages such as coffee, tea, pop and orange juice for 15 minutes before and during use of the nicotine gum. Acidic beverages decrease the absorption of the nicotine from the gum.
5. You can chew a new piece of nicotine gum every hour as needed for cravings.

6. Do not use more than 24 pieces of nicotine gum per day.

Your doctor has recommended the \_\_\_\_\_ mg nicotine gum.

### **How Do I Use a Nicotine Lozenge?**

4mg, 2mg

1. Place the nicotine lozenge between your cheek and gum and allow it to dissolve.
2. Do not suck or chew the nicotine lozenge.
7. Do not drink acidic beverages such as coffee, tea, pop and orange juice for 15 minutes before and during use of the nicotine lozenge. Acidic beverages decrease the absorption of the nicotine from the lozenge.
3. You can use a new nicotine lozenge every hour as needed for cravings.
4. Use at least 9 nicotine lozenges per day for the first 6 weeks.
5. Do not use more than 20 pieces of nicotine lozenges per day.

Your doctor has recommended the \_\_\_\_\_ mg nicotine lozenge.

### **How Do I Use a Nicotine Inhaler?**

10mg

1. Insert the nicotine cartridge into the mouthpiece.
2. Place the nicotine inhaler between your lips, tilted slightly toward the roof of your mouth.
3. Suck on the nicotine inhaler as if you are sucking on a straw. Do not “inhale.”
4. Use the nicotine inhaler frequently (about 3 puffs per minute) for approximately 20 minutes.
5. Replace the nicotine cartridge when the nicotine taste is gone.
6. Use at least 8 but no more than 16 nicotine cartridges per day.

## How Do I Use Nicotine Nasal Spray?

1mg

1. Blow your nose, exhale all the air out of your lungs then tilt your head back slightly.
2. Insert the tip of the bottle into each nostril and spray once.
3. Do not inhale or sniff while spraying.
4. Wait 2-3 minutes before blowing your nose.
5. You can repeat this dose every ½ to 1 hour as needed for cravings.
6. Maximum 5 doses per hour; 40 doses per day.
7. Mild nasal irritation usually decreases after the first week.

For more information, contact MHealthy Tobacco Consultation Service at (734) 998-6222 or email: [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu).

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