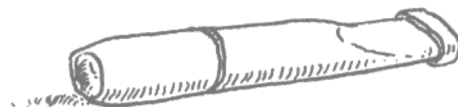


Using the Nicotine Inhaler



California
Smokers'
Helpline
1-800-NO-BUTTS

The nicotine inhaler is used to help smokers slowly get off nicotine. The “system” comes with a plastic mouthpiece and nicotine cartridges (small tubes) that fit inside. When puffed on, the inhaler releases nicotine vapor that enters the body mostly through the lining of the mouth. It may help reduce the physical withdrawal symptoms that can occur during the first weeks of quitting smoking.



Getting the Inhaler

The inhaler is sold by prescription only. One box of 42 cartridges costs \$50 on average. Some insurers will cover the cost but may require enrollment in a smoking cessation program and a doctor's prescription.

The Right Dose

Discuss this first with your doctor. A general guide is to use one cartridge for every 2 cigarettes smoked. When used for a total of 20 minutes, 2 mg. of nicotine goes into the body. Two mg. is roughly the amount of nicotine in two cigarettes.

Tips for Proper Use

- Place a cartridge between the two parts of the holder and push them together to puncture the cartridge at both ends.
- Use the inhaler on a regular schedule (e.g., on the hour), not when cravings come up.
- Use each cartridge for a total of 20 minutes (e.g., once for 20 min. or twice for 10 min.)
- Take shallow or deep puffs, whatever feels comfortable.
- Do not use more than 16 cartridges per day.
- Do not use the inhaler for more than 6 months.
- Clean mouthpiece regularly with soap and hot water.
- Keep new and used cartridges out of the reach of children and pets.

The Right Schedule

Discuss with your doctor what schedule might work best for you.

Example: 12-week plan
(if you smoke a pack a day)

- Weeks 1-4: 10 cartridges per day
(1 cartridge every 1.5 hours)
 - Weeks 5-8: 7 cartridges per day
(1 cartridge every 2 hours)
 - Weeks 9-12: 4 cartridges per day
(1 cartridge every 4 hours)
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Potential Problems

- Using the inhaler while pregnant or nursing may cause problems. Talk with your doctor first.
- The most common adverse effect is indigestion.
- Mild irritation of the mouth or throat or coughing may occur when first using the inhaler.
- Smoking while using the inhaler can increase your heart rate or blood pressure and may be dangerous.
- Consult a doctor if you have any of the following: recent heart attack, irregular heart beat, severe or worsening heart pain, chronic pulmonary disease, kidney or liver disease, wheezing or asthma, stomach ulcers, overactive thyroid, allergies to drugs, high blood pressure, diabetes requiring insulin.

Remember:

You're doing the work, not the inhaler. The inhaler is just a tool to help. Make sure you plan for trigger situations. And give yourself credit for every day you don't smoke!