



## **Using Nicotine Nasal Spray:**

### **Description/Availability:**

The nasal spray is only available by prescription.

Each spray delivers 0.5 mg of nicotine. Each bottle contains approximately 100 doses.

One dose consists of 1 spray in each nostril for a total of 1.0 mg of nicotine.

Initial dosing should be 12 doses per hour, increasing as needed for symptom relief.

Eight to 40 doses per day is the recommended range.

Therapy duration is generally between 36 months.

### **How Do I Take This Medication:**

- You should completely quit smoking before using the nasal spray.
- You should administer 1 spray to each nostril. Your head should be tilted back slightly when administering.
- To reduce irritating effects, do not sniff, swallow, or inhale through the nose when administering.

### **Precautions/Contraindications:**

*Pregnancy* Pregnant smokers should first be encouraged to quit without pharmacologic treatment. The Nicotine nasal spray should be used during pregnancy only if the likelihood of smoking abstinence, with its potential benefits, outweighs the risk of nicotine replacement and potential concomitant smoking. Similar factors should be considered in lactating women. Talk to your doctor.

*Cardiovascular Disease* – Nicotine replacement therapy is not an independent risk factor for acute myocardial events. Nicotine replacement therapy should be used with caution among particular cardiovascular patient groups: those in the

immediate (within 2 weeks) post heart attack period, those with serious heart arrhythmias, and those with serious or worsening angina.

Should be used with caution in patients with coronary heart disease, vasospastic diseases, hyperthyroidism, pheochromocytoma, insulindependent diabetes, active peptic ulcer disease, or accelerated hypertension.

*Dependency* – Nicotine nasal spray has a dependency potential intermediate between other nicotinebased therapies and cigarettes.

### **Side Effects:**

Nasal irritation, which decreases in severity with continued use.

Runny nose

Throat irritation

Watering eyes

Sneezing

Coughing

**Approximate Costs:**      Unknown