



Using Nicotine Lozenges:

Description:

- Nicotine Lozenge – available OTC. Patients should stop smoking
- before beginning nicotine lozenge use.
- Two doses are available: 2 mg and 4 mg.
- 2-mg lozenge can be used with PATIENTS WHO SMOKE THEIR FIRST CIGARETTE AFTER 30 MINUTES OF WAKING.
- 4-mg lozenge can be used with PATIENTS WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING (indicating they are highly dependent on nicotine (e.g., those smoking more than 25 cigarettes daily).
- Clinicians may also recommend the higher dosage if patients request it or have failed to quit using the 2-mg lozenge.
- Patients should use no more than 20 lozenges daily.
- The Commit Nicotine Lozenge is the branded name

How Do I Take This Medication:

- Place the lozenge in your mouth and allow the lozenge to slowly dissolve (about 20-30 minutes). Minimize swallowing. Do not chew or swallow lozenge.
- You may feel a warm or tingling sensation.
- Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20-30 minutes).
- Do not eat or drink 15 minutes before using or while the lozenge is in your mouth.
- To improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks.
- Do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects.
- Do not use more than 5 lozenges in 6 hours.
- Do not use more than 20 lozenges per day.
- Stop using the nicotine lozenge at the end of 12 weeks. If you still feel the need to use nicotine lozenges, talk to your doctor.

Notes on Side Effects:

If you use the 2mg lozenge:

- You should switch to the 4mg lozenge or use the 2mg lozenge more often if you have withdrawal symptoms, such as: restlessness, irritability, anxiety, difficulty concentrating, or depressed mood.

If you use the 4mg lozenge:

- You should switch to the 2mg lozenge if you have these symptoms: nausea, vomiting, lightheadedness, or palpitations