

## **Appendix 4: Nicotine Replacement Therapy (NRT) Information Sheet**

The following nicotine replacement therapy (NRT) products will be available to you during the intervention.

It may take a while for you to get used to a product. If your chosen nicotine product is not working for you, you can change to another anytime during the intervention.

Experience with withdrawal and cravings can be used to guide how much nicotine replacement therapy you use. Most common side effects are mild.

Please keep any nicotine replacement therapy products safely out of reach and sight of children and pets.

### **Gum**

#### **Steps for use**

1. Place the piece of gum in mouth.
2. Chew the gum slowly until the taste is strong.
3. Then move it to the side of your mouth.
4. Let it rest between your cheeks and gums.
5. Rest it here until the taste fades.
6. Repeat steps 2– 5 for 30 minutes.
7. After 30 minutes spit the gum out and put in bin

#### **Tips**

- Avoid drinking coffee, fizzy drinks or acidic fruit juices 15 minutes before using the gum.
- Don't eat or drink whilst using the gum as this will affect absorption.
- One piece of gum can be used every 1 to 2 hours to prevent or deal with a craving. Do not use more than 1 gum per hour.
- Up to 12 pieces of gum can be used in 24 hours.
- You might not like the taste at first.

#### **Common side effects**

- If you get a sore throat, mouth irritation, hiccups, heartburn or wind try resting the gum at your cheek for longer. This will slow down how quickly the nicotine is released in from the gum.

### **Mini Lozenges**

#### **Steps for use**

1. Place the mini lozenge in mouth.
2. Allow mini lozenge to dissolve by moving between each cheek and gum.  
Avoid crushing/chewing or swallowing the mini lozenge.
3. After 10 minutes spit the mini lozenge and put in bin.

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### Tips

- Do not eat or drink whilst using the mini lozenge as will affect absorption.
- Mini lozenges provide fast relieve for craving. One mini lozenge can be used every 1–2 hours to prevent or deal with a craving.
- Mini lozenges will last about 10 minutes.
- 15 mini lozenges can be used in 24 hours.
- Do not take if you are allergic to soya or peanut (product contains soya oil).

### Common side effects

- If you get a sore throat, mouth irritation, hiccups, heartburn or wind try resting the lozenge at your cheek for longer. This will slow down how quickly the nicotine is released from the mini lozenge.

## Inhalator

### Steps for use

1. Line up the ridges of the plastic holder to open and insert cartridge (you will hear it click).
2. Special puffing technique – take slow shallow puffs to avoid throat burn.
3. Each cartridge has approximately 40 minutes “puffing” time.
4. Once cartridge is used up, change it and discard used one in bin.

### Tips

- Avoid acidic drinks (like fruit juice) for 15 minutes before or during use.
- Up to 6 cartridges can be used per day.
- Allows you to take small doses of nicotine when you need it to help with cravings.
- Helps keep your hands busy. **Common side effects**
- Nausea, mouth/throat irritation. If you have a breathing condition e.g. asthma the inhalator may not be the product for you.

## Mouth Spray (Quick Mist)

### Steps for use

1. First, prime the spray pump (by pressing the top with your index finger three times until a fine spray appears).
2. Hold the spray as close to your open mouth as possible and spray into the side of cheek (allows nicotine to be absorbed through mouth lining).
3. Do not inhale while spraying to avoid getting spray down your throat.
4. Do not swallow for a few seconds after spraying.

### Tips

- Avoid acidic drinks as this affects absorption.
- Nicotine level peaks after 16 mins.
- 1–2 sprays every 30 minutes to an hour as required to minimise withdrawal symptoms and cravings.

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- Contains a small amount of alcohol, not suitable for people avoiding alcohol.

**Common side effects**

- Hiccups, mouth and throat irritation, nausea and indigestion.

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