NICORETTE® Gum is a nicotine replacement therapy (NRT). It works by releasing nicotine slowly through your mouth so that it enters your bloodstream. This helps reduce the withdrawal symptoms and craving that you get when you try to stop smoking. NICORETTE® Gum should be used only by those who are trying to stop smoking and continue to smoke less for at least 1 year. It is not a cure for smoking. NICORETTE® Gum can be used as a way of giving up smoking completely or as a way of giving up smoking and continuing to smoke less.

When to use NICORETTE® gum

This medicine can help you to give up smoking completely or to cut down the number of cigarettes you smoke. The benefits of giving up smoking far outweigh any potential risk from using nicotine from NRT. It is the nicotine that causes smoking related disease and it is the nicotine that you need to stop getting if you are to improve your health.

Before using NICORETTE® gum

Discuss the use of this medicine with your doctor, nurse or pharmacist.

Where do you get NICORETTE® Gum?

NICORETTE® Gum is available without prescription from a pharmacy, Chemist, supermarket or other store in the United Kingdom.

How to chew NICORETTE® Gum

Chew 1 gum slowly until the taste becomes strong. Do not swallow the gum. If you chew more than 2 gums in a day, 3 nicotine gums will help you reduce your craving. If you chews more than 20 gums a day, 4 nicotine gums may be more appropriate.

What does NICORETTE® gum do?

Nicorette® 4 mg Gum

If you are pregnant or breast-feeding

The nicorette® replacement therapy helps to relieve withdrawal symptoms such as irritability, low mood, anxiety, restlessness and cravings when used in place of cigarettes.

NRT may benefit smokers who want to quit, by helping to give up smoking or to cut down the number of cigarettes you smoke.

Use of NRT is safer than smoking tobacco but as soon as you stop smoking you will also stop gaining weight from smoking.

Weight gain

It may help increase your motivation to quit. When you cut down the number of cigarettes you smoke, your body misses the nicotine that you normally get from smoking. You may experience unpleasant withdrawal symptoms. It will also help to stop the craving to smoke. NICORETTE® Gum is more suitable for you if your symptoms and cravings are severe. Use NICORETTE® gum instead of smoking.

NRT products

Do not chew gum – the microtab may be more suitable for you.

If you experience a problem, other types of nicotine replacement therapy such as a patch or inhaler may be more suitable for you. The method of chewing NICORETTE® Chewing Technique

If you chew NICORETTE® Gum incorrectly it may reduce its effectiveness. It is the amount of nicotine that the baby may receive is considerably smaller if you chew NICORETTE® Gum rather than using NRT products. Nicorette Chewing Technique

The number of NICORETTE® Gums you use each day will depend on the number of cigarettes you usually smoke. NICORETTE® Gum is used to help give up smoking completely or as a way of giving up smoking and continuing to smoke less.

1. Chew slowly until taste becomes strong.

2. Rest between gum and cheek.

3. Do not swallow.

4. Turn over.

5. Use only one piece of gum at a time.

Two of NICORETTE® Gums or NICORETTE® Gum is used to help you stop smoking completely or as a way of giving up smoking and continuing to smoke less. NICORETTE® Gum is a nicotine replacement therapy (NRT) for helping to give up smoking. NICORETTE® Gum is a nicotine replacement therapy (NRT) for helping to give up smoking. "How to chew NICORETTE® Gum"

Chewing Technique

The benefits of stopping smoking for only 1 year are greater than the benefits of smoking for only 1 year.

Children under 12 years

It is not always possible to completely replace all your cigarettes. However NICORETTE® Gum can be used in either way.

Chewing Technique

Children under 12 years and over

Onset of Gums

Dose of Gums

Nicorette per day

30 cigarettes or more

2 mg gums as NICORETTE® Gum

15 to 29 cigarettes

1 or 2 mg gums as NICORETTE® Gum

1 to 9 cigarettes

No gums as NICORETTE® Gum

Chewing NICORETTE® Gum

But should you give up smoking today?

Chewing gum – the NICORETTE® Gum

Chewing Technique

NICORETTE® Gum may be preferable to nicotine patches when they are cutting down the number and strength of smoking, as long as they are given up smoking. Nicorette Chewing Technique

1. Firstly, you should try to give up smoking without NICORETTE® Gum. Stopping completely is by far the better way to stop smoking.

2. Secondly, if you cannot manage this you are best to use NICORETTE® Gum as a way of stopping smoking completely.

3. Thirdly, if you need to use NRT to help you quit, the amount of nicotine that the baby may gain is considerably smaller and less harmful than the second-hand smoke that it may get if you smoke. Tobacco smoke produces biochemical problems in other babies and problems in children under 12 years.

4. Adults and Children 12 years and over

You will be able to stop smoking and continue to smoke less.

You can see how strong they are. The dosage table to find out the dose that is appropriate for you. If you have false teeth you may find it difficult chewing NICORETTE® Gum. NICORETTE® Gum is used to help you stop smoking. This way of chewing ensures of NICORETTE® Gum. NICORETTE® Gum is used to help you stop smoking.

If you chew NICORETTE® Gum incorrectly it may reduce its effectiveness. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you need to use NRT to help you quit, the amount of nicotine that the baby may gain is considerably smaller and less harmful than the second-hand smoke that it may get if you smoke. Tobacco smoke produces biochemical problems in other babies and problems in children under 12 years.

If you chew NICORETTE® Gum incorrectly it may reduce its effectiveness. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you do not chew the NICORETTE® Gum correctly it does not work. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

NICORETTE® Gum may be preferable to nicotine patches when they are cutting down the number and strength of smoking, as long as they are giving up smoking. Nicorette Chewing Technique

1. Firstly, you should try to give up smoking without NICORETTE® Gum. Stopping completely is by far the better way to stop smoking.

2. Secondly, if you cannot manage this you are best to use NICORETTE® Gum as a way of stopping smoking completely.

3. Thirdly, if you need to use NRT to help you quit, the amount of nicotine that the baby may gain is considerably smaller and less harmful than the second-hand smoke that it may get if you smoke. Tobacco smoke produces biochemical problems in other babies and problems in children under 12 years.

If you chew NICORETTE® Gum incorrectly it may reduce its effectiveness. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you do not chew the NICORETTE® Gum correctly it does not work. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you do not chew the NICORETTE® Gum correctly it does not work. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you chew NICORETTE® Gum incorrectly it may reduce its effectiveness. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you do not chew the NICORETTE® Gum correctly it does not work. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.

If you do not chew the NICORETTE® Gum correctly it does not work. NICORETTE® Gum is used to help give you up smoking or to cut down the number of cigarettes you smoke.
How to stop smoking:
If you have used too many gums
If a child has used or swallowed the gums
Very common side-effects:
If you have quit smoking and want to stop using
You can also use NICORETTE® Gum on those occasions
Effects related to stopping smoking (nicotine withdrawal)
You may experience unusual effects because by stopping
Common side-effects:
Effects of too much nicotine
Effects of the medicine
If you get any side-effects
Effects on the body
Costs:
• If you have used too many gums
• If you have used or swallowed the gums
• If a child has used or swallowed the gums
• If you do get these effects contact a doctor or your nearest Hospital Accident and Emergency department immediately.
• Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of
• If you notice any of the following: fast heart rate/beat, abnormal breathing of the face, chest palpitations, shortness of breath or allergies reactions (swelling of the face, mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and defamation of the lining of the mouth, difficulty in breathing and dizziness) stop taking NICORETTE® gum and contact a doctor immediately.
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.
• The manufacturer is McNeil AB, Helsingborg, Sweden.
• The active ingredient in NICORETTE® 4 mg Gum is nicotine. It is an ingredient that is used to help people stop smoking.
• This leaflet was revised in June 2017.
• The gums are blister packed in sheets of 6 or 15 and
• The chewing gum base contains butylated hydroxy toluene (BHT), an antioxidant.