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nicorette®

15 mg inhalator
nicotine
inhalation cartridges

What should you know about nicorette® 15 mg inhalator

(nicotine 15 mg per cartridge)

Please read this leaflet carefully before you start using this medicine. It provides useful information on how to use it safely. Keep the leaflet, you might need it again.
If you think you are having side-effects, have any questions or are not sure about anything please **ask your doctor, pharmacist or nurse.**

1 What this medicine is for

NICORETTE® inhalator is a nicotine replacement therapy (NRT). It is used to relieve and /or prevent withdrawal symptoms and reduce the cravings you get when you try to stop smoking tobacco or vaping, or when cutting down the number of cigarettes/e-cigarettes you smoke/vape.

Ideally you should always aim to stop smoking and vaping. You can use NICORETTE® inhalator to achieve this by using it to completely replace all your cigarettes/e-cigarettes. However NICORETTE® inhalator can also be used in other ways,

- if you feel unable to stop smoking/vaping completely, or wish to replace certain cigarettes/e-cigarettes and therefore it can help you to cut down the number of cigarettes/e-cigarettes you smoke/vape,
- at those times when you can't or do not want to smoke/vape. For example,
  - Where you don't want to smoke/vape and want to avoid harm to others e.g. children or family.
  - Smoke free areas e.g. pub, work, public transport e.g. aeroplanes.

It may also help increase your motivation to quit. When making a quit attempt a behavioural support programme will increase your chances of success.

What does nicorette® inhalator do?

When you stop smoking/vaping or cut down the number of cigarettes/e-cigarettes you smoke/vape, your body misses the nicotine that you have been absorbing. You may experience unpleasant feelings and a strong desire to smoke/vape (craving). This indicates that you were dependent on nicotine.

When you use NICORETTE® inhalator, air is drawn through the inhalator and nicotine is released. The nicotine is absorbed into your body through the lining of your mouth. This relieves the unpleasant withdrawal symptoms. It will also help to stop your craving to smoke/vape, but will not give you the "buzz" you get from smoking a cigarette or vaping an e-cigarette.

Benefits you can get from using NRT instead of smoking/vaping

For the best effect, ensure that you use nicorette inhalator correctly – see *"How to Use NICORETTE® inhalator."*

The benefits of stopping smoking tobacco clearly outweigh any potential risk from using nicotine from NRT. It is the toxins in cigarette smoke such as tar, lead, cyanide and ammonia that cause smoking related disease and death, not the nicotine.

- **You may think that** smoking tobacco/vaping helps relieve feelings of anxiety and stress, but it does not deal with the cause of stress. In addition, the feeling of relaxation after smoking/vaping is temporary, with withdrawal symptoms and cravings soon returning. Nicotine replacement therapy can **help relieve nicotine withdrawal symptoms such as irritability, low mood, anxiety, restlessness and cravings when used in place of cigarettes/e-cigarettes.**
- **NRT may benefit** smokers and vapers who want to quit, by helping to control **weight gain** that may be experienced when trying to stop smoking/vaping.

Use of NRT is safer than smoking tobacco but as soon as you are ready, you should aim to stop smoking/vaping completely. The effects of vaping on your body are not established.

2 Before using this medicine

Do not use nicorette® inhalator:

- **if you have an allergy** to nicotine or any of the other ingredients.
- **if you are a child under 12 years of age.**

Talk to your doctor, pharmacist or nurse…

- **if you are pregnant or breastfeeding** – you may be able to use nicotine replacement therapy (NRT) to help you give up smoking/vaping but you should try to give up without it. See "*If you are pregnant or breastfeeding"* section.
- **if you are in hospital because of heart disease** (including heart attack, chest pain, disorders of heart rate or rhythm, angina, high blood pressure or stroke).
  In other heart conditions not requiring you to be in hospital, using NRT is better than continuing to smoke.
  The risks of continued vaping are not yet established.
- **if you have a stomach ulcer,** duodenal ulcer, inflammation of the stomach or inflammation of the oesophagus (passage between the mouth and stomach).
- **if you have liver or kidney disease.**
- **if you have a long term respiratory or throat disease** or difficulty breathing due to bronchitis, emphysema or asthma. NICORETTE® inhalator may not be suitable for you to use and you may be advised to use a different type of NRT.
- **if you have an overactive thyroid gland** or have a phaeochromocytoma (a tumour of the adrenal gland that can affect blood pressure) – your doctor will have told you this.
- **if you have diabetes** – monitor your blood sugar levels more often when starting to use nicorette inhalator as you may find your insulin or medication requirements alter.
- **if you are taking any other medicines** such as theophylline, clozapine or ropinirole. Stopping smoking or cutting down may require the dose of these medicines to be adjusted.
- **if you have ever experienced seizures (fits).**
- **if you have quit smoking/vaping and want to stop using the inhalator but are finding this difficult.**
  If any of these apply, talk to your doctor, pharmacist or nurse.

Choking hazard

This product contains small cartridges which could be a choking hazard if a child attempts to swallow one. Keep any unused cartridges in the pack out of the sight and reach of children.

If you are pregnant or breastfeeding

If you are pregnant:

1) **Firstly, you should try to give up smoking/vaping without NRT. Stopping completely is by far the best option. The earlier and quicker you do this the better it is for you and your baby.**
2) **Secondly, if you can't manage this, you can use NRT as a safer alternative** to smoking as the risks to your baby are far less than smoking, however you should talk to your doctor, pharmacist or nurse for advice.
   The effects of vaping on babies and children are not established.

Products that are used intermittently, including NICORETTE® inhalator may be preferable to nicotine patches. However, patches may be more suitable instead if you have nausea or sickness.
If you do use patches take them off before going to bed at night.

If you are breastfeeding:

1) **Firstly, you should try to give up smoking/vaping without NRT.**
2) **Secondly, if you can't manage this you are best to use NRT products** that are taken intermittently (not patches), however you should talk to your doctor, pharmacist or nurse for advice.
   Breastfeed just before you use NICORETTE® inhalator to ensure that the baby gets the smallest amount of nicotine possible.

If you do need to use NRT to help you quit, the amount of nicotine that the baby may receive is considerably smaller and less harmful than the second-hand smoke they would inhale if you smoked. The effects of vaping on your body during pregnancy and breastfeeding are not established.

Tobacco smoke produces breathing and other problems in babies and children. The effects of vaping on babies and children are not established.

Nicotine products and children: Nicotine can be very dangerous to children. The amount of nicotine tolerated by adults and adolescents can make children very ill, and can sometimes be fatal. Do not leave your inhalator where children may get hold of it.

3 How and when to use this medicine

How to use nicorette® inhalator

Follow the instructions below.

Setting up the inhalator

1 Take the sealed plastic tray from the box. Peel back the foil.
2 Take the plastic mouthpiece from the box.
3 Twist the two sections of the mouthpiece until the two marks line up. Then pull the mouthpiece apart.
4 Take a cartridge from the tray. Push the cartridge firmly into the bottom of the mouthpiece until the seal breaks.
5 Put the top section on the mouthpiece, lining up the two marks. Push together firmly to break the cartridge seal.
6 Twist to lock.



Special information about using the inhalator

Using the inhalator

1 Inhale using the inhalator, either deeply or shallow puffs. Choose the way that suits you. Either way, your body will receive the amount of nicotine required to give craving relief.
2 You may find it takes more effort than inhaling from a cigarette, but the amount of nicotine you absorb through the lining of your mouth is the same whether you take deep or shallow puffs. It is up to you how many inhalations (puffs) you take, how often you take them and for how long.
3 Each cartridge will provide you with about 40 minutes of intense use. You can divide this time how you like. For example, you could use a cartridge for four 10 minute inhalation periods. Or you could use a cartridge for 10 minutes on waking and then for six periods of five minutes later on in the day.
  Once the cartridge is used up, you will need to change it.

Changing a cartridge

1 Open the mouthpiece as in step 3 of Setting up the inhalator. Pull out the cartridge and dispose of it safely.
2 Put a new cartridge into the inhalator as in steps 4-6 of Setting up the inhalator.

Dosage and temperature

NICORETTE® inhalator works best at room temperature and it is best not to use the inhalator in the cold.

In cold surroundings (below 15°C or 59°F) you may have to inhale more often to get the same amount of nicotine as when using the inhalator at room temperature. When you are in surroundings above 30°C or 86°F, you should inhale less often to avoid taking in too much nicotine.

When to use the inhalator

If you are able to stop smoking/vaping you should use the inhalator, when needed, in place of cigarettes/e-cigarettes. As soon you can (this could be after a number of weeks or months) you should reduce the number of cartridges until you have stopped using them completely.

If you are unable to stop smoking/vaping or do not feel ready to quit at this time, you should replace as many cigarettes /e-cigarettes as possible with the inhalator. There are toxins in cigarettes that can cause harm to your body. The effects of vaping on your body are not established. NICORETTE® inhalator provides a safer alternative to smoking tobacco, for both you and those around you. Reducing the number of cigarettes/e-cigarettes may also help you to become more motivated to stop smoking/vaping. As soon as you are ready you should aim to stop smoking/vaping completely.

You can also use the inhalator on those occasions when you can't or don't want to smoke/vape e.g. social situations such as a party, in the pub or when at work.

When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. If you have quit smoking/vaping and want to stop using the inhalator but are finding this difficult you should contact your doctor, pharmacist or nurse for advice.

turn over ➤

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❶ Below is the dosage information for nicorette® inhalator.

Children under 12 years

Do not give this product to children under 12 years

Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	As needed up to a maximum of 6 cartridges per day

- Do not use more than 6 cartridges per day.
- The frequency with which you use the cartridges and the length of time it lasts will depend on how many cigarettes /e-cigarettes you smoked/vaped and how strong they were.

⚠ If you have used nicorette® inhalator too much

If you have used more than the recommended number of cartridges or have smoked/vaped whilst using NICORETTE® inhalator, you may experience nausea (feeling sick), vomiting, increased salivation, pain in your abdomen, diarrhoea, sweating, headache, dizziness, hearing disturbance or weakness.

- **If you do get any of these effects contact a doctor or your nearest hospital Accident and Emergency department immediately. Do not smoke or vape.** Take this leaflet and the pack with you.

⚠ If a child uses an inhalator or swallows a cartridge

- **Contact a doctor or your nearest hospital Accident and Emergency department immediately** if a child under 12 years uses your inhalator, or chews, sucks or swallows a cartridge. Take this leaflet and the pack with you.

Nicotine inhalation or ingestion by a child may result in severe poisoning.

4 Possible side-effects

Like all medicines, NICORETTE® inhalator can have side-effects. As many of the effects are due to nicotine, they can also occur when nicotine is obtained by smoking/vaping.

Effects related to stopping smoking/vaping (nicotine withdrawal)

You may experience unwanted effects because by stopping smoking/vaping you have reduced the amount of nicotine you are taking. You may also experience these effects if you under use NICORETTE® inhalator cartridges before you are ready to reduce your nicotine intake.

⚠ These effects include:

- irritability or aggression
- feeling low
- anxiety
- restlessness
- poor concentration
- increased appetite or weight gain
- urges to smoke (craving)
- night-time awakening or sleep disturbance
- lowering of heart rate
- dizziness, light-headedness, blurry vision, nausea
- cough
- constipation
- bleeding gums
- mouth ulcers
- swelling of the nasal passages and back of the throat

Effects of too much nicotine

It is possible to inhale too much nicotine if you use the inhalator in very warm surroundings. You may also get these effects if you are not used to inhaling tobacco smoke or e-cigarettes.

⚠ These effects include:

- feeling faint
- feeling sick (nausea)
- headache

Side-effects for nicorette® inhalator

If you notice any of the following: fast heart rate/beat, abnormal beating of the heart, chest palpitations, shortness of breath, seizures (fits), or allergic reactions (swelling of the face, mouth, lips, throat or tongue, itching of the skin, swelling of the skin, ulceration or inflammation of the lining of the mouth, difficulty breathing or dizziness) stop using NICORETTE® inhalator, do not smoke/vape and contact a doctor immediately.

Very common side-effects:

(may affect more than 1 in 10 people):

- headache
- throat irritation
- feeling sick (nausea)
- sore and inflamed mouth
- hiccups

Common side-effects:

(may affect up to 1 in 10 people):

- allergic reactions (hypersensitivity)
- burning sensation in the mouth
- dizziness
- cough
- taste disturbance or loss of taste
- tingling or numbness of the hands and feet
- blocked nose
- stomach pain or discomfort
- diarrhoea
- dry mouth
- indigestion
- excessive gas or wind
- increased salivation
- sickness (vomiting)
- tiredness (fatigue)

Uncommon side-effects:

(may affect up to 1 in 100 people):

- abnormal dreams
- sudden reddening of the face and/or neck
- high blood pressure
- sudden constriction of the small airways of the lung that can cause wheezing and shortness of breath
- loss or damage to voice
- sneezing
- throat tightness
- burping (belching)
- swollen, red, sore tongue
- mouth ulcers or blisters
- numbness or tingling of the mouth
- hives (urticaria)
- excessive sweating
- itching
- rash
- pain in jaw
- unusual weakness
- chest discomfort and pain
- general feeling of discomfort or being unwell or out of sorts (malaise)

Rare side-effects:

(may affect up to 1 in 1,000 people):

- difficulty in swallowing
- decreased feeling or sensitivity, especially in the mouth
- retching (trying to be sick but bringing nothing up)

Other side-effects can include:

(frequency not known):

- blurred vision, watery eyes
- stomach discomfort
- redness of the skin
- dry throat, lip pain
- muscle tightness
- a fast and irregular heartbeat (atrial fibrillation)

➤ When you stop smoking you may also develop mouth ulcers. The reason why this happens is unknown.

➤ **If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.**

5 Cleaning, storing and disposal

Cleaning the inhalator

Clean the empty mouthpiece several times a week by rinsing it in water.

Storing the inhalator and cartridges

- **Keep the NICORETTE® inhalator and cartridges out of the sight and reach of children and animals.** Nicotine in high doses can be very dangerous and sometimes fatal if taken by children.
- Do not store above 25°C.
- Do not use NICORETTE® inhalator after the 'Use before' date shown on the carton.
- Dispose of any cartridge that has been inserted into the mouthpiece within 48 hours even if it has not been used.

Disposal

Dispose of your used inhalator cartridges safely.
When a cartridge is used up, it is very important that you dispose of the empty cartridge carefully as it still contains some nicotine fixed to the plug. This nicotine is not available for inhalation but could be harmful to children or pets if swallowed, chewed or sucked.

You can return the empty cartridge to the foil tray then dispose of all the empty cartridges with your household rubbish.

6 Further information

What's in this medicine?

The active ingredient is nicotine.
Also contains menthol and a porous plug of polyethylene.

What the medicine looks like

NICORETTE® inhalator consists of a plastic mouthpiece into which you insert a tube-like cartridge containing 15 mg of nicotine, the active ingredient, held in a porous plug. The plug also contains menthol to give the nicotine a slight minty flavour.
Pack sizes: 4, 20 or 36.
Each pack contains a plastic tray sealed with foil containing 4, 20 or 36 cartridges and a plastic mouthpiece.
Not all pack sizes may be marketed.

Who makes nicorette® inhalator?

The Product Licence holder is McNeil Products Limited, 50 - 100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK.
The manufacturer is McNeil AB, Helsingborg, Sweden.
This leaflet was revised in January 2026.
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The Medical Device Nicorette® Inhalator mouthpiece is a CE marked component
For UDI information, see sticker on inhaler/mouthpiece component

Single patient multiple use

CE MD

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