

January 2025

Please note that there are currently 2 leaflets available for the **Nicorette QuickMist Cool Berry 1mg/spray Mouthspray and Nicorette QuickMist Cool Berry SmartTrack 1mg/spray Mouthspray** licence [PL 15513/0395] licence.

It is the same product licence number for both leaflets i.e., **PL 15513/0395**.

The information contained within each leaflet is identical apart from the anti-theft Solution and font sizes.

PIL – 1 (pages 2 to 3)	PIL – 2 (pages 4 to 5)
Brand: Nicorette Product: ONS SmartTrack 1mg Berry Leaflet Without Anti-theft and with AM security solution Font <ul style="list-style-type: none">• Smallest text size: 5.54 pt• Ave. text size: 10.1 pt• Largest text size: 13.13 pt	Brand: Nicorette Product: ONS SmartTrack 1mg Berry Leaflet With RF security solution Font <ul style="list-style-type: none">• Smallest text size: 4.50 pt• Ave. text size: 9 pt• Largest text size: 15.00 pt

This is a combined pdf of both leaflets.

These PILs are differentiated only by the varieties of the anti-theft Solution as mentioned above and either one of the two PILs will be inserted in carton.

nicorette®

QuickMist Cool Berry
1mg/spray mouthspray and
QuickMist Cool Berry SmartTrack™
1mg/spray mouthspray
nicotine

What should you know about
nicorette® QuickMist Cool Berry
mouthspray

(nicotine 1mg per spray)
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

nicorette®
QuickMist Cool Berry 1mg/spray mouthspray
and QuickMist Cool Berry SmartTrack™
1mg/spray mouthspray

PACKAGE LEAFLET:
INFORMATION FOR THE USER



anything please ask your doctor,
pharmacist or nurse. Possible side-
effects are listed in section 4.

1 What this medicine is for
NICORETTE® QuickMist 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® mouthspray to achieve this
by using it to completely replace all your
cigarettes/e-cigarettes.

However NICORETTE® mouthspray can
also be used in other ways,
■ if you feel unable to stop smoking/
vaping completely, or wish to replace
certain cigarettes/e-cigarettes, it can
therefore help you to cut down the
number of cigarettes/e-cigarettes you
smoke/vape.

■ at those times when you can't and 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® QuickMist
do?

When you stop smoking/vaping 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® QuickMist,
nicotine passes rapidly 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® QuickMist correctly
– see “How to Use NICORETTE®
QuickMist.” The benefits of stopping
smoking tobacco far 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
diseases 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 the 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® QuickMist:

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

Talk to your doctor, pharmacist
or nurse...

- if you are pregnant or breast-
feeding – 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 breast-
feeding” 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 an overactive thyroid
gland or have a pheochromocytoma

(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®
QuickMist 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 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 mouth spray
but are finding this difficult.
- If any of these apply, talk to your
doctor, pharmacist or nurse.

Important information about
some of the ingredients

NICORETTE® QuickMist Cool Berry
contains about 7 mg of alcohol (ethanol)
in each spray which is equivalent to
97 mg/ml. The amount in one spray of
this medicine is equivalent to less than
2 ml beer or 1 ml wine. The small
amount of alcohol in this medicine will
not have any noticeable effects.
This medicine contains 12 mg propylene
glycol (E1520) per spray which is
equivalent to 157 mg/ml. It also contains
butylated hydroxytoluene (E321) which
may cause local skin reactions (e.g.
contact dermatitis), or irritation to the
eyes and mucous membranes.
This medicine contains less than 1 mmol
sodium (23 mg) per spray, that is to say
essentially ‘sodium-free’.

If you are pregnant or breast-
feeding

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 is not established.
Products that are used intermittently,
including NICORETTE® mouthspray
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 breast-feeding:

- 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. Breast-feed just before you
use NICORETTE® mouthspray 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.

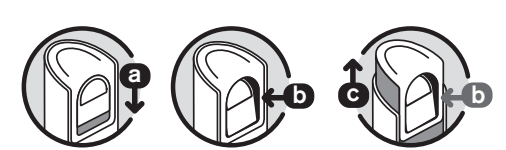
The effects of vaping on your body
during pregnancy and breast-feeding
are not established.

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

3 How and when to use this
medicine

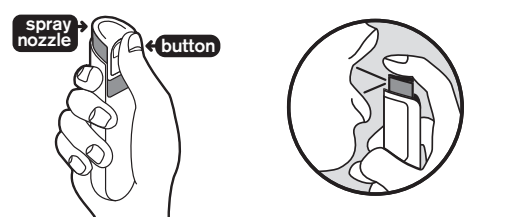
Follow the instructions and study the
pictures below to ensure you use
NICORETTE® QuickMist correctly.
Care should be taken not to spray the
eyes whilst administering the spray.

TO UNLOCK NOZZLE



Opening nicorette® QuickMist

1. Use your thumb to slide down the
button (a) until it can be pushed lightly
inwards (b). Do not push too hard.
2. While pushing in, slide upwards (c) to
unlock the top of the dispenser.
Then release the button.



Priming nicorette® QuickMist

If you are using NICORETTE®
QuickMist for the first time or if you have
not used the spray for 2 days, you must

- first prime the spray pump.
- Point the spray safely away from you
and any other adults, children or pets
that are near you.
- Press the top of the QuickMist with
your index finger 3 times until a fine
spray appears.

Note: priming reduces the number of
sprays you may get from NICORETTE®
QuickMist.

How to use nicorette® QuickMist

3. Point the spray nozzle towards your
open mouth and hold it as close to your
mouth as possible.
4. Press the top of the dispenser to
release one spray into your mouth. Do
not inhale while spraying to avoid getting
spray down your throat. For best results,
do not swallow for a few seconds after
spraying.

TO RETRACT NOZZLE



How to close nicorette® QuickMist

5. Slide the button down (d) until it can
be pushed inwards (e)
6. While pushing in, slide the top of the
dispenser downwards (f). Release the
button. The QuickMist spray is now closed.
Close the QuickMist spray every time
after use to prevent use of the spray by
children and accidental spraying.

Care should be taken not to spray the eyes
whilst administering the mouthspray. If you
get spray in your eye(s), rinse thoroughly
with water.

⚠ Do not eat or drink when administering the mouthspray.

❶ When to use nicorette® QuickMist

If you are able to stop smoking/vaping you should use the mouthspray, when needed, in place of cigarettes/e-cigarettes. As soon as you can (this could be after a number of weeks or months) you should reduce the number of sprays 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 mouthspray. There are toxins in cigarettes that can cause harm to your body. The effects of vaping on your body are not established. NICORETTE® QuickMist provides a safer alternative to smoking tobacco, for both you and those around you. Reducing the amount 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 mouthspray 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 mouthspray but are finding this difficult you should contact your doctor, pharmacist or nurse for advice.

❶ Below is the dosage information for nicorette® mouthspray

❶ Children under 12 years

Do not give this product to children under 12 years.

❶ Adults and children aged 12 years and over

Age	Dosage
Adults and children aged 12 years and over	<ul style="list-style-type: none">It is important to use enough nicotine spray to control cravings.Use one spray first when you would normally smoke/vape, or have cravings to smoke/vape.If your cravings do not disappear within a few minutes use a second spray.If 2 sprays are required to control cravings, future doses may be delivered as 2 consecutive sprays.Do not use more than 2 sprays per dose or 4 sprays every hour. Do not use more than 64 sprays per day – this is equivalent to 4 sprays per hour for 16 hours.
<ul style="list-style-type: none">Do not use more than 2 sprays per dose or more than 64 sprays per day – this is equivalent to 4 sprays every hour for 16 hours.	

⚠ If you have used too much nicorette® QuickMist Cool Berry

If you have used more than the recommended amount of NICORETTE® QuickMist or have smoked/vaped whilst using NICORETTE® QuickMist, 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. Take this leaflet and the pack with you.

⚠ If a child has used or swallowed nicorette® QuickMist

■ Contact a doctor or your nearest hospital Accident and Emergency department immediately if a child under 12 years uses or swallows this medicine. Take this leaflet and the pack with you.

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

Using NICORETTE® QuickMist Cool Berry SmartTrack

The NICORETTE® QuickMist Cool Berry SmartTrack™ mouthspray helps you track your usage by holding it against your phone after each spray. It uses Near Field Communication (NFC) technology to send information to the NICORETTE® app. This is to help you track your progress on your quit smoking/vaping journey. Please refer to inside panel of the packaging for detailed usage instructions.

4 Possible side-effects

Like all medicines, NICORETTE® QuickMist Cool Berry 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® QuickMist Cool Berry before you are ready to reduce your nicotine intake.

❶ These effects include:

- irritability or aggression
- feeling impatient or frustrated
- 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
- constipation
- bleeding gums
- dizziness or light-headedness
- blurry vision
- nausea
- sore throat, stuffy or runny nose

When you stop smoking you may also develop mouth ulcers, cough and/or symptoms of a common cold. The reason why this happens is unknown.

Side-effects for nicorette® QuickMist

If you notice any of the following: fast heart rate/beat, abnormal beating of the heart, palpitations, shortness of breath, seizures (fits), or allergic reactions (swelling of the face, mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and inflammation of the lining of the mouth, difficulty in breathing and dizziness) stop taking NICORETTE® QuickMist and contact a doctor immediately.

Very common side-effects:
(*may affect more than 1 in 10 people*):

- hiccups (these are particularly common)
- throat irritation
- headache
- feeling sick (nausea)

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
- toothache
- stomach pain or discomfort
- excessive gas or wind
- vomiting
- dry mouth
- indigestion
- diarrhoea
- tiredness (fatigue)
- sore and inflamed mouth
- increased salivation

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
- throat tightness
- burping (belching)
- swollen red sore tongue
- mouth ulcers or blisters

- numbness or tingling of the mouth
- excessive sweating
- itching
- rash
- hives (urticaria)
- unusual weakness
- chest discomfort and pain
- jaw muscle ache
- general feeling of discomfort or being unwell or out of sorts (malaise)
- dry skin
- muscle and bone pain
- mouth and throat pain
- sneezing
- runny nose
- blocked nose
- inflammation of the gums

Rare side-effects
(*may affect up to 1 in 1,000 people*):

- difficulty in swallowing
- decreased feeling of sensitivity especially in the mouth
- feeling or wanting to be sick (vomit)

The following side-effects may also occur:

Other side-effects can include:

- blurred vision, watery eyes
- dry throat, lip pain
- stomach discomfort
- redness of the skin
- muscle tightness

➤ **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 Storing and disposal

- Keep NICORETTE® QuickMist Cool Berry 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® QuickMist after the 'Use before' date shown on the back on the pack.
- Dispose of used NICORETTE® QuickMist sensibly and away from children and animals. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Further information

What's in this medicine?

The active ingredient is nicotine. Other ingredients are: propylene glycol (E1520), anhydrous ethanol, trometamol, poloxamer 407 (containing butylated hydroxytoluene (E321)), glycerol (E422), sodium hydrogen carbonate, levomenthol, red fruits flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water.

What the medicine looks like

NICORETTE® QuickMist Cool Berry consists of a plastic bottle of solution held in a dispenser with a mechanical spray pump.

Each bottle contains 13.2 ml of solution which provides at least 150 sprays, each spray containing 1mg nicotine. NICORETTE® QuickMist Cool Berry is supplied in packs of either 1 or 2 dispensers. Not all pack sizes may be marketed.

Who makes nicorette® QuickMist Cool Berry?

The Product Licence holder is McNeil Products Ltd, 50 -100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK. The manufacturer is McNeil AB, Helsingborg, Sweden. This leaflet was last revised in October 2024. McNeil Products Limited 2024 ©

nicorette®

**QuickMist Cool Berry
1mg/spray mouthspray and
QuickMist Cool Berry SmartTrack
1mg/spray mouthspray
nicotine**

**What should you know about
nicorette® QuickMist Cool Berry
mouthspray**

(nicotine 1 mg per spray)

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.

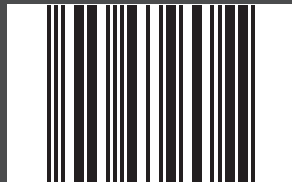
If you think you are having side-effects, have any questions or are not sure about anything please **ask your doctor**,

nicorette®

QuickMist Cool Berry 1 mg/spray mouthspray
and QuickMist Cool Berry SmartTrack 1 mg/
spray mouthspray

**PACKAGE LEAFLET:
INFORMATION FOR THE USER**

652623



pharmacist or nurse. Possible side-effects are listed in section 4.

1 What this medicine is for

NICORETTE® QuickMist 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® mouthspray to achieve this by using it to completely replace all your cigarettes/e-cigarettes. However NICORETTE® mouthspray can also be used in other ways,

- if you feel unable to stop smoking/vaping completely, or wish to replace certain cigarettes/e-cigarettes, it can therefore help you to cut down the number of cigarettes/e-cigarettes you smoke/vape.
- at those times when you can't and 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® QuickMist do?

When you stop smoking/vaping 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® QuickMist, nicotine passes rapidly 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® QuickMist** correctly – see *"How to Use NICORETTE® QuickMist."*

The benefits of stopping smoking tobacco far 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 diseases 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 the 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® QuickMist:

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

⚠ Talk to your doctor, pharmacist or nurse...

- **if you are pregnant or breast-feeding** – 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 breast-feeding"* 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 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® QuickMist 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 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 mouth spray but are finding this difficult.

➤ **If any of these apply, talk to your doctor, pharmacist or nurse.**

⚠ Important information about some of the ingredients

NICORETTE® QuickMist Cool Berry contains about 7 mg of alcohol (ethanol) in each spray which is equivalent to 97 mg/ml. The amount in one spray of this medicine is equivalent to less than 2 ml beer or 1 ml wine. The small amount of alcohol in this medicine will not have any noticeable effects.

This medicine contains 12 mg propylene glycol (E1520) per spray which is equivalent to 157 mg/ml. It also contains butylated hydroxytoluene (E321) which may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes. This medicine contains less than 1 mmol sodium (23 mg) per spray, that is to say essentially 'sodium-free'.

⚠ If you are pregnant or breast-feeding

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 is not established. Products that are used intermittently, including NICORETTE® mouthspray 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 breast-feeding:

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. Breast-feed just before you use NICORETTE® mouthspray 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 breast-feeding are not established.

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

3 How and when to use this medicine

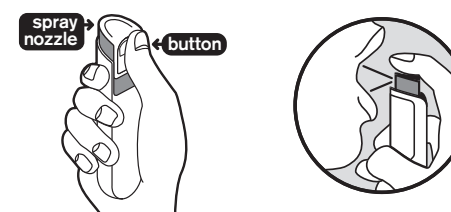
Follow the instructions and study the pictures below to ensure you use NICORETTE® QuickMist correctly. Care should be taken not to spray the eyes whilst administering the spray.

TO UNLOCK NOZZLE



① Opening nicorette® QuickMist

1. Use your thumb to slide down the button (a) until it can be pushed lightly inwards (b). Do not push too hard.
2. While pushing in, slide upwards (c) to unlock the top of the dispenser. Then release the button.



① Priming nicorette® QuickMist

If you are using NICORETTE® QuickMist for the first time or if you have not used the spray for 2 days, you must first prime the spray pump.

- Point the spray safely away from you and any other adults, children or pets

that are near you.

- Press the top of the QuickMist with your index finger 3 times until a fine spray appears.

Note: priming reduces the number of sprays you may get from NICORETTE® QuickMist.

① How to use nicorette® QuickMist

3. Point the spray nozzle towards your open mouth and hold it as close to your mouth as possible.

4. Press the top of the dispenser to release one spray into your mouth. Do not inhale while spraying to avoid getting spray down your throat. For best results, do not swallow for a few seconds after spraying.

TO RETRACT NOZZLE



How to close nicorette® QuickMist

5. Slide the button down (d) until it can be pushed inwards (e)

6. While pushing in, slide the top of the dispenser downwards (f). Release the button. The QuickMist spray is now closed. Close the QuickMist spray every time after use to prevent use of the spray by children and accidental spraying.

⚠ Care should be taken not to spray the eyes whilst administering the mouthspray. **If you get spray in your eye(s), rinse thoroughly with water.**

⚠ **Do not eat or drink when administering the mouthspray.**

❶ When to use nicorette® QuickMist

If you are able to stop smoking/vaping you should use the mouthspray, when needed, in place of cigarettes/e-cigarettes. As soon as you can (this could be after a number of weeks or months) you should reduce the number of sprays 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 mouthspray. There are toxins in cigarettes that can cause harm to your body. The effects of vaping on your body are not established. NICORETTE® QuickMist provides a safer alternative to smoking tobacco, for both you and those around you. Reducing the amount 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 mouthspray 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 mouthspray but are finding this difficult you should contact your doctor, pharmacist or nurse for advice.

❷ Below is the dosage information for nicorette® mouthspray

❶ Children under 12 years

Do not give this product to children under 12 years.

❶ Adults and children aged 12 years and over

Age	Dosage
Adults and children aged 12 years and over	<ul style="list-style-type: none">It is important to use enough nicotine spray to control cravings.Use one spray first when you would normally smoke/vape, or have cravings to smoke/vape.If your cravings do not disappear within a few minutes use a second spray.If 2 sprays are required to control cravings, future doses may be delivered as 2 consecutive sprays.Do not use more than 2 sprays per dose or 4 sprays every hour. Do not use more than 64 sprays per day – this is equivalent to 4 sprays per hour for 16 hours.
	<ul style="list-style-type: none">Do not use more than 2 sprays per dose or more than 64 sprays per day – this is equivalent to 4 sprays every hour for 16 hours.

⚠ If you have used too much nicorette® QuickMist Cool Berry

If you have used more than the recommended amount of NICORETTE® QuickMist or have smoked/vaped whilst using NICORETTE® QuickMist, 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.** Take this leaflet and the pack with you.

⚠ If a child has used or swallowed nicorette® QuickMist

■ **Contact a doctor or your nearest hospital Accident and Emergency department immediately** if a child under 12 years uses or swallows this medicine. Take this leaflet and the pack with you.

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

Using NICORETTE® QuickMist Cool Berry SmartTrack

The NICORETTE® QuickMist Cool Berry SmartTrack™ mouthspray helps you track your usage by holding it against your phone after each spray. It uses Near Field Communication (NFC) technology to send information to the NICORETTE® app. This is to help you track your progress on your quit smoking/vaping journey. Please refer to the inside panel of the packaging for detailed usage instructions.

4 Possible side-effects

Like all medicines, NICORETTE® QuickMist Cool Berry 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® QuickMist Cool Berry before you are ready to reduce your nicotine intake.

❶ These effects include:

- irritability or aggression
 - feeling impatient or frustrated
 - 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
 - constipation
 - bleeding gums
 - dizziness or light-headedness
 - blurry vision
 - nausea
 - sore throat, stuffy or runny nose
- When you stop smoking you may also develop mouth ulcers, cough and/or symptoms of a common cold. The reason why this happens is unknown.

Side-effects for nicorette® QuickMist

If you notice any of the following: fast heart rate/beat, abnormal beating of the heart, palpitations, shortness of breath, seizures (fits), or allergic reactions (swelling of the face, mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and inflammation of

the lining of the mouth, difficulty in breathing and dizziness) stop taking NICORETTE® QuickMist and contact a doctor immediately.

Very common side-effects:

(may affect more than 1 in 10 people):

- hiccups (these are particularly common)
- throat irritation
- headache
- feeling sick (nausea)

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
- toothache
- stomach pain or discomfort
- excessive gas or wind
- vomiting
- dry mouth
- indigestion
- diarrhoea
- tiredness (fatigue)
- sore and inflamed mouth
- increased salivation

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

- throat tightness
- burping (belching)
- swollen red sore tongue
- mouth ulcers or blisters
- numbness or tingling of the mouth
- excessive sweating
- itching
- rash
- hives (urticaria)
- unusual weakness
- chest discomfort and pain
- jaw muscle ache
- general feeling of discomfort or being unwell or out of sorts (malaise)
- dry skin
- muscle and bone pain
- mouth and throat pain
- sneezing
- runny nose
- blocked nose
- inflammation of the gums

Rare side-effects

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

- difficulty in swallowing
- decreased feeling of sensitivity especially in the mouth
- feeling or wanting to be sick (vomit)

The following side-effects may also occur:

Other side-effects can include:

- blurred vision, watery eyes
- dry throat, lip pain
- stomach discomfort
- redness of the skin
- muscle tightness

➤ **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 Storing and disposal

- Keep NICORETTE® QuickMist Cool Berry 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® QuickMist after the 'Use before' date shown on the back on the pack.
- Dispose of used NICORETTE® QuickMist sensibly and away from children and animals. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Further information

What's in this medicine?

The active ingredient is nicotine. Other ingredients are: propylene glycol (E1520), anhydrous ethanol, trometamol, poloxamer 407 (containing butylated hydroxytoluene (E321)), glycerol (E422), sodium hydrogen carbonate, levomenthol, red fruits flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water.

What the medicine looks like

NICORETTE® QuickMist Cool Berry

consists of a plastic bottle of solution held in a dispenser with a mechanical spray pump. Each bottle contains 13.2 ml of solution which provides at least 150 sprays, each spray containing 1mg nicotine. NICORETTE® QuickMist Cool Berry is supplied in packs of either 1 or 2 dispensers. Not all pack sizes may be marketed.

Who makes nicorette® QuickMist Cool Berry?

The Product Licence holder is McNeil Products Ltd, 50 -100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK. The manufacturer is McNeil AB, Helsingborg, Sweden. This leaflet was last revised in October 2024. McNeil Products Limited 2024 ©