



Do something amazing[®]

Your guide to help
you quit successfully



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DO SOMETHING AMAZING®: QUIT YOUR OWN WAY

We all have our reasons to quit. You might want to quit for health reasons; not only for your own health, but for that of the people around you. Other reasons may include family situations or financial gain.

Whatever your motivation, we are here to help find a way to quit that works for you

Quitting today? Sometime soon? Or don't really know when you want to quit? That's ok!

We are here to help you quit on *your terms*. Your path to quitting is a way that works for you. We want to help you define when and how you want to quit so that you are in complete control. We are here to provide you with some important knowledge and tools you might need to help you move forward, one step at a time.

Although this brochure focuses on NRT, prescription treatments are also available to help you quit. Talk to your doctor to find out more.

BENEFITS OF QUITTING

What happens when you quit?

20 MINUTES

Your blood pressure and heart rate drop to a normal level

8 HOURS

The levels of carbon monoxide (a toxic gas) in your blood drop to normal

24 HOURS

Your risk of having a heart attack starts to drop

2 TO 12 WEEKS

Your lung function begins to improve

The benefits start as soon as after your last cigarette.

Plus, quitting has health benefits at any age, no matter how long or how much you've smoked.

1 TO 9 MONTHS

You cough less and lung function continues to improve

5 YEARS

Your risk of having a stroke is reduced to that of a nonsmoker's

10 YEARS

Your risk of getting certain cancers (e.g., lung, bladder, kidney) significantly decreases

15 YEARS

Your risk of coronary heart disease is the same as that of a nonsmoker

READY TO DO SOMETHING AMAZING?

Quitting is not easy. For many, it may take up to **30 or more quit attempts before being successful.**[†]

Why is quitting so difficult?

Some reasons include:

- Nicotine dependence
- Coping with stress
- Habits and routines linked to smoking
- Cravings and withdrawal symptoms
- Lack of help and resources to quit
- Multiple attempts are often necessary

[†] A quit attempt was defined as a conscious attempt to stay off cigarettes for good.



WITHDRAWAL SYMPTOMS ARE TOUGH

Withdrawal symptoms are some of the most powerful side effects of quitting smoking. They can begin within hours of your last cigarette, and are most intense during the first week. Some of the symptoms you can expect include:



NICOTINE CRAVINGS

Frequency	Duration
70%	<2 weeks



INCREASED APPETITE

Frequency	Duration
70%	<10 weeks



FEELING MISERABLE

Frequency	Duration
60%	<4 weeks



RESTLESSNESS

Frequency	Duration
60%	<4 weeks



POOR CONCENTRATION

Frequency	Duration
60%	<2 weeks



IRRITABILITY/AGGRESSION

Frequency	Duration
50%	<4 weeks



DISTURBED SLEEP

Frequency	Duration
25%	<1 week



LIGHT-HEADEDNESS

Frequency	Duration
10%	<48 hours



Smoking leads to habits that are difficult to change

For example, you might smoke outside in the parking lot with co-workers, during a break at work.

To break a habit, you must practice dissociation techniques

Instead of joining your co-workers, go for a walk and listen to your favourite music/podcast.

Being smoke-free for the first week can boost your chances of quitting for good after a year by more than 9X

Some symptoms can last less than a week or two, but others can last much longer

DEALING WITH WITHDRAWAL SYMPTOMS

Techniques to help quit smoking include behavioural approaches, in addition to medication. When a craving hits, it only lasts 3-5 minutes. That means you need to ride the wave until it passes. Here are some techniques/strategies to help you get through them.

4 Ds technique

DELAY

Wait 5 minutes. The feeling will go away. Take a shower, clean out a closet – delay until the urge passes.

DISTRACT

Do something else to take your mind off of smoking. When the craving hits, stop what you are doing and do something different.

DEEP BREATHING

Inhale through your nose and hold it for 5 seconds. Slowly breathe out of your mouth for a count of 7 seconds. Repeat until the urge passes.

DRINK WATER

This action can replace hand to mouth behaviour. Try sipping slowly, holding each sip in your mouth for a few seconds.



3 As strategy

AVOID

This includes avoiding places, situations or even certain people that make it hard to say no to a craving.

ALTERNATIVES

Have alternatives to cigarettes handy at all times. These can include chewing gum, cinnamon sticks, popsicles, vegetables, mints or hard candies.

ADJUST

Adjust your environment or behaviour – for example, make new distractions, keep busy, work on hobbies. Anything that will adjust your routine to lessen your cravings.

Find a way that works for you!

HOW TO DO SOMETHING AMAZING: QUITTING STRATEGIES



Nicotine replacement therapy (NRT)

Nicotine replacement therapy (NRT) is a stop smoking aid that works by providing lower, more controlled doses of nicotine in your body, without the harmful tobacco-smoke chemicals. NRT helps relieve the cravings and withdrawal symptoms.

Using an NRT can help increase your chances at successfully quitting

NRT DELIVERS NICOTINE DIFFERENTLY THAN CIGARETTES

- Smoking delivers nicotine directly to the brain through the lungs - as fast as 10 seconds!
- When you stop smoking cigarettes, your brain's receptors don't get the nicotine they crave - upsetting brain chemistry and leading to cravings.
- NRT delivers nicotine through the skin (patch) or through the lining of the mouth (gum, lozenge, inhaler, oral spray)
- NRT stabilizes nicotine levels in the blood, reducing withdrawal symptoms

NRT delivers lower, slower, controlled doses of nicotine without the tar, carbon monoxide and other harmful tobacco-smoke chemicals



THERE ARE MANY WAYS TO QUIT

Quitting is not a “one size fits all” approach. That’s why we are providing you with the tools you need so that you can tailor your quitting experience to better suit your needs.



Although this brochure focuses on NRT, prescription treatments are also available to help you quit. Talk to your doctor to find out more.

Quit method #1 - Cold turkey

This method of quitting is also known as quitting with will power alone. All at once. No support or medication.

Only 1-4% of smokers successfully quit “cold turkey”

Studies have shown that quitting cold turkey is the most difficult and least successful.

Quit method #2 - Using a single form of NRT



NICODERM® TRANSDERMAL PATCH
Delivers continuous 24-hour support



NICORETTE® QuickMist®
An instant release mouth spray for fast craving relief

- Gets to work on cravings in 30 seconds!
- Available in two flavours: Fresh Mint and Cool Berry



NICORETTE® GUM
Actively fights cravings and withdrawal symptoms

- Available in a variety of flavours



NICORETTE® LOZENGE
Discrete craving relief

- Designed with dual layers of flavour
- Available in two flavours: Mint and Fresh Fruit



NICORETTE® INHALER
Satisfies the hand-to-mouth ritual

2X more likely to quit using the NRT vs. cold turkey

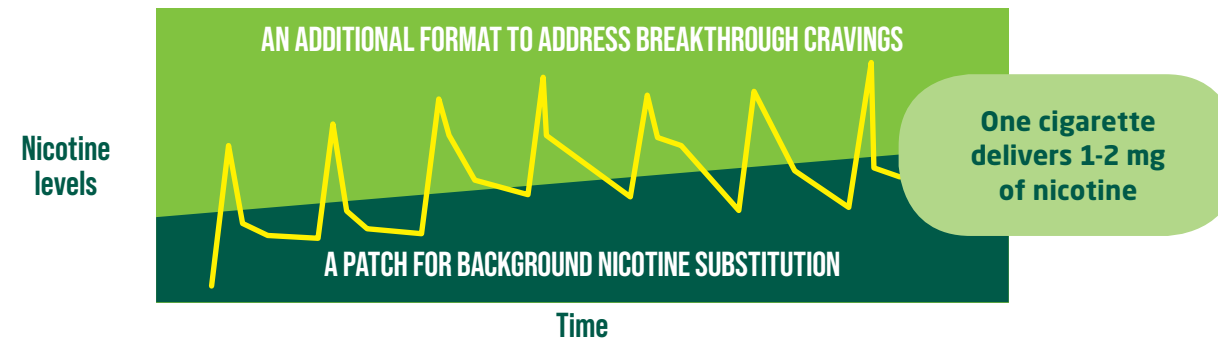
Using a single format of NRT can help increase your chances of quitting.

Quit method #3 - NRT combination therapy



Prescription treatments are also available to help you quit. Some of them can be used in combination with NRT. Talk to your doctor to find out more.

Smoking one cigarette every hour spikes nicotine levels in your blood.



Combination therapy is 30% more effective than using one NRT product alone

Combining NICODERM[®] and NICORETTE[®] products can improve your chances of quitting. By using NICODERM[®] for constant support against withdrawal symptoms + NICORETTE[®] for extra breakthrough craving relief.†

† To be sure these products are right for you, always read and follow the label. Speak to your doctor if you smoke more than 20 cigarettes per day to optimize your dosing regimen.

Dosing for combination therapy

Along with the NICODERM® patch, use another NICORETTE® oral format as needed to manage breakthrough cravings.

Here's a brief summary of the dosing instructions based on the NICODERM® and NICORETTE® products you choose to use.

It's important to complete treatment.

If you feel you need to use any NICORETTE® oral format or combination NICODERM® Patch and NICORETTE® oral format for longer than 6 months to keep you from smoking, talk to your healthcare provider.

If strong cravings return when attempting to reduce your patch dose, consider remaining at the higher dose for a longer period.

If you're still experiencing withdrawal symptoms, speak to your healthcare provider about dosing and guidance on how to use the product to ensure optimal absorption.

Pick your starting patch based on your cigarette usage				
10 OR MORE CIGARETTES A DAY	WEEKS 1-6	WEEKS 7-8	WEEKS 9-10	WEEKS 11+
LESS THAN 10 CIGARETTES A DAY		WEEKS 1-6	WEEKS 7-8	WEEKS 9+
NICODERM® Patch	Step 1 21 mg	Step 2 14 mg	Step 3 7 mg	In case strong cravings return: Started on Step 1? Talk to your doctor about remaining on Step 3 for weeks 11+. Started on Step 2? Stay on Step 3 for an additional 2 weeks. Talk to your doctor about remaining on Step 3 for weeks 11+.
	+	+	+	
NICORETTE® QuickMist®	1 to 2 sprays every 1 to 2 hours as needed. Up to 64 sprays per day.	1 to 2 sprays every 1 to 2 hours as needed. Up to 64 sprays per day.	1 to 2 sprays every 1 to 2 hours as needed. Up to 64 sprays per day.	Nicorette® oral formats can be used as required after the discontinuation of NICODERM® Patch
	OR	OR	OR	
NICORETTE® Gum	1 piece of gum every 1 to 2 hours. Up to 20 pieces per day as needed.	1 piece of gum every 1 to 2 hours. Up to 20 pieces per day as needed.	1 piece of gum every 1 to 2 hours. Up to 20 pieces per day as needed.	Nicorette® oral formats can be used as required after the discontinuation of NICODERM® Patch
	OR	OR	OR	
NICORETTE® Lozenge	1 lozenge every 1 to 2 hours. Up to 15 lozenges per day as needed.	1 lozenge every 1 to 2 hours. Up to 15 lozenges per day as needed.	1 lozenge every 1 to 2 hours. Up to 15 lozenges per day as needed.	Nicorette® oral formats can be used as required after the discontinuation of NICODERM® Patch
	OR	OR	OR	
NICORETTE® Inhaler	Use as needed. 1 cartridge = 20 minutes of puffing. Up to 12 cartridges per day.	Use as needed. 1 cartridge = 20 minutes of puffing. Up to 12 cartridges per day.	Use as needed. 1 cartridge = 20 minutes of puffing. Up to 12 cartridges per day.	Nicorette® oral formats can be used as required after the discontinuation of NICODERM® Patch

Do not exceed the daily recommended dose.
To be sure these products are right for you, always read and follow the label.

Quit method #4 - NRT and support

There are many resources available to help you quit. Whether it be a healthcare professional, such as your doctor or pharmacist, or your family or friends. Online support networks are also very valuable. You don't have to battle it alone.

2.5x more likely to quit
with NICORETTE®
QuickMist® SmartTrack™
vs. willpower alone



NICORETTE® QuickMist® SmartTrack™

Download the free app and build your personalized quit plan to help manage your nicotine cravings.

Connect with the free NICORETTE® Stop Smoking app to:

- Tap NICORETTE® QuickMist® to your phone to track your nicotine usage
- Set personalized goals and structure your quit plan
- Get tips and support on how to quit smoking
- Track your smoke-free days
- See how much money you've saved by quitting



iPhone 7/iOS 11 and up



NFC compatible models



Visit nicorette.ca/products/quickmistsmartrack to learn more

You're almost 5X more likely to quit smoking with NRT and support vs. with no support

Resources to help get you started

WEBSITES	HELPLINES
nicorette.ca nicoderm.ca SmokersHelpline.ca QuitMap.ca camh.ca	<p>Your Local Quitline 1-866-366-3667 gosmokefree.gc.ca/quit</p> <p>Quitlines offer free, personalized, non-judgmental coaching, support and information about quitting smoking and commercial tobacco use.</p>
	<p>Canadian Cancer Society's Smokers' Helpline 1-877-513-5333[†] OR Text iQuit to 123456[‡] smokershelpline.ca</p> <p>Smokers' Helpline offers free quitting support by phone, online, or by text message.</p> <p>[†] Ontario, Manitoba, Saskatchewan, Prince Edward Island, Yukon [‡] Ontario, Saskatchewan and Manitoba</p>
	<p>The Lung Association 1-888-566-LUNG (5864) lung.ca</p> <p>Call The Lung Association to find out about smoking support groups and counselling.</p>
	<p>J'ARRÊTE[§] 1-866-527-7383 quebecsanstabac.ca/jarrete</p> <p>J'ARRÊTE offers free quitting support by phone, in-person, online, or by text message.</p> <p>[§] Quebec residents only.</p>

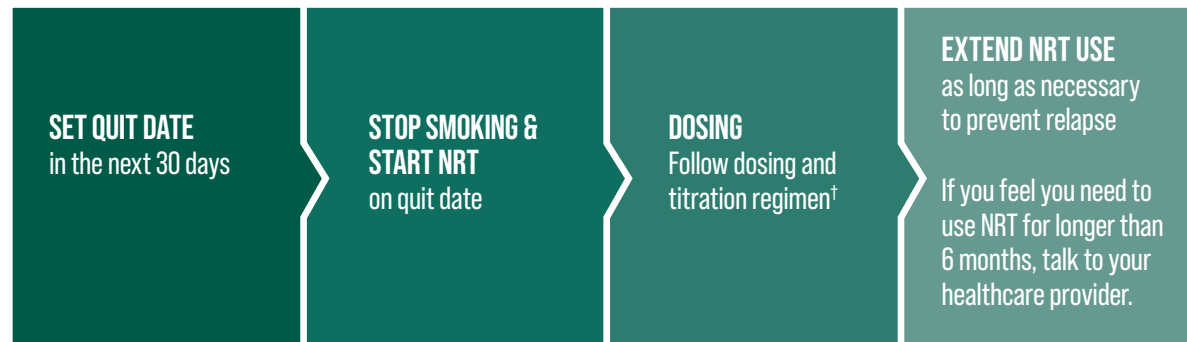
Adding support to NRT treatment can increase your chances even more of quitting successfully.

CUSTOMIZE YOUR QUIT

Quit immediately vs. quit gradually

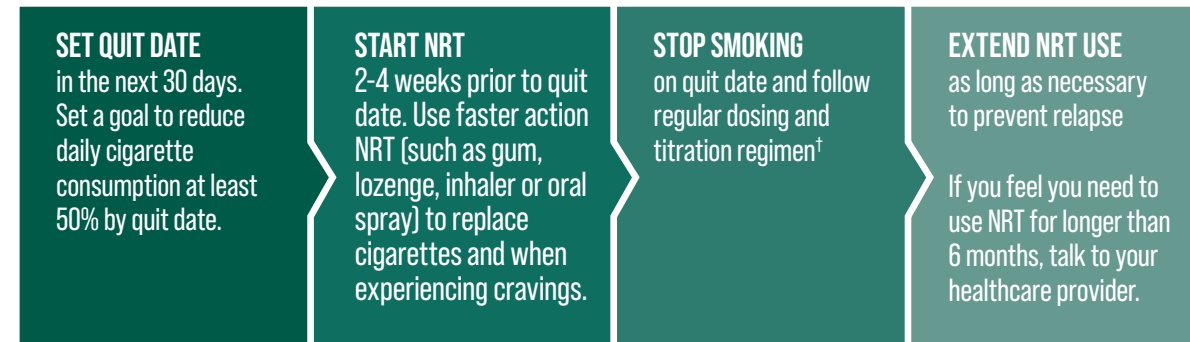
If you would like to try quitting with the help of an NRT - great! Now you need to decide on how you would like to quit. Would you like to set a quit date and stop smoking on that day? Or would you rather gradually reduce your smoking over a couple of weeks? Either way, **you are on your way to quitting.**

Quit immediately: STOP TO QUIT



Quit gradually: REDUCE TO QUIT®

Now approved for all
NICORETTE® and
NICODERM® formats



Reduce to Quit® may increase the chances of quitting by over 4X for those who haven't been able to quit before

† Always read and follow the label or the directives of your healthcare professional.

OPTIMIZING YOUR TREATMENT & STAYING ON COURSE



NRT Designed to help you quit

Nicotine levels in blood of a smoker smoking one cigarette every hour.

By smoking cigarettes at regular intervals throughout the day, you are satisfying your nicotine addiction by delivering nicotine to your brain. **NRT delivers nicotine without the harmful tobacco-smoke chemicals to help relieve cravings and withdrawal symptoms.**

- It is recommended that your NRT mimics the amount of nicotine delivered by your cigarette usage in order to relieve cravings.

A single NRT format may not deliver enough nicotine to properly mimic cigarette use. Using two NRT formats together may help (combination therapy).

One cigarette delivers 1-2 mg of nicotine

Combination NRT provides background nicotine substitution, as well as a quick delivery of additional nicotine to help address breakthrough cravings. Combination therapy is an additional way to help meet quitters' needs and avoid relapse.

Take the right amount at the right time.

If you do not follow the dosing instructions, you can lower your chances of success.

An individual's NRT dosing may be affected by differences in absorption and metabolism.

Stopping NRT therapy too early can put you at risk of a slip or relapse

If you are doing well on NRT, you may feel motivated to stop your treatment early.

Stick with your treatment plan and follow up frequently with your doctor or pharmacist

If you are having troubles or questions regarding your treatment, talk to your doctor or pharmacist. They will work with you to find an appropriate solution.

When you are ready to stop treatment, discuss with your healthcare professional to ensure you are ready.

KEEPING TRACK HELPS YOU STAY IN CONTROL



Using a notebook, calendar or calendar app on your smart phone or tablet device, keep track of your quitting journey. A tracking calendar is also available at the end of this booklet.

Quitting is a step-by-step approach

1. **Decide on a quit date** (preferably within the next 30 days)
2. **What type of treatment will you use?**
3. Decide if you will **quit immediately vs. quit gradually**

Why are you quitting?

Your reasons for quitting can help keep you motivated!



List your reasons to quit. When you feel the urge to smoke, you can remind yourself why you want to quit.

My reasons for quitting

PREPARE FOR THE JOURNEY AHEAD

Don't go in it alone!



List your support network, along with the best way to reach them. Lean on them in times of need.

My support network & contact info

The road ahead will be full of twists and turns. It's best to have a plan so that you do not steer off course.

Dealing with withdrawal

The first step in dealing with withdrawal symptoms is recognizing them.



Go to page 40 to make a note of the withdrawal symptoms you are experiencing and track their intensity (on scale of 0 to 5, where 0=none and 5=very intense).

Breaking old habits and routines

Smoking used to be a part of your daily routine. You will notice the urge to smoke, not just in your body, but in your habits and behaviour. Now is the time to break those habits and replace them with new, healthier ones.



Make a list of some healthy new habits you would like to practice in lieu of smoking and refer to them when you feel a craving coming on.

My healthy new habits

Overcoming triggers

Triggers are cues in your environment that remind you of smoking. Knowing your triggers will help you avoid, reduce, or cope with them.

Common triggers include:

- Stress
- Coffee
- Alcohol
- Time of day
- After meals
- Driving
- Talking on the phone
- Place where people gather to smoke

TIP - Try drinking half the amount of coffee you used to before quitting. Nicotine interferes with caffeine absorption, so once you quit, you may not need as much.



Identify your main triggers and develop a plan on how to deal with them.

Surviving a slip

Slips happen. Don't give up. One cigarette doesn't mean you've failed. The key is to learn from the slip so that it doesn't turn into a fall. What was the trigger? What step will prevent the same slip from happening again?

Take some time to answer the following questions:

- Why did I smoke?
- Where was I?
- Who was I with?
- How did I feel afterwards?
- What will change next time?

Coping through a crisis

If you are coping with a crisis, you might feel like giving up. You might tell yourself that this isn't the time for you to quit.

Stress can trigger strong cravings and distract you from your goal

It may feel as though smoking relieves stress, especially because it alleviates withdrawal symptoms and provides a "time out." But in reality, **smoking increases the stress on the body** by quickening heart rate, constricting blood vessels, tensing muscles, and allowing less oxygen to reach the brain.

Now, more than ever, is the time to review your reasons for quitting. Those reasons will still be there when the crisis passes.

TIP - Exercise is a great stress-reliever!

If you do relapse, don't be too hard on yourself. For most people who successfully quit smoking, it takes many attempts. The important thing is to keep trying until you succeed.

KEEP TRACK OF YOUR NRT

NRT is designed to gradually decrease over time - to make sure you are using it correctly, take notes on how much you are using and at what frequency.



What type(s) of NRT are you using? How much? How many times/day? Is it helping with your cravings and withdrawal symptoms?

Calculate your savings at [nicorette.ca/get-ready-to-quit/calculate-your-savings](https://www.nicorette.ca/get-ready-to-quit/calculate-your-savings)

STAY MOTIVATED

Staying positive helps put you in control. And, don't forget to keep rewarding your successes. You deserve it!



Set up regularly scheduled milestones and reward your successes.

Look forward to a smoke-free future

Go back to page 2 and review THE BENEFITS OF QUITTING. Where are you in the timeline? Are you starting to feel some benefits?



Set up a weekly or monthly reminder to check in with yourself and jot down some of the changes you have noticed in your health and well-being.

The longer you go without smoking, the more you increase your chances of quitting for good. At the same time, you'll begin to notice fewer and fewer cravings and withdrawal symptoms.



Connect your NICORETTE® QuickMist® SmartTrack™ with the free NICORETTE® Stop Smoking app to build your personalized quit plan.



NICODERM® TRANSDERMAL PATCH



A clear, daily, transdermal patch that provides 24-hour steady release of nicotine to help manage withdrawal symptoms and control cravings.

How does it work?

NICODERM® offers a program to quit smoking by gradually reducing the strength of your patch in 3-steps.



How do I use the NICODERM® Transdermal Patch?†

- Choose an area of skin above the waist to apply the patch. To ensure that the patch will stick well, choose an area of skin that is non-hairy, clean, dry and free of cream, oil or powders.

- Apply the sticky side of the patch to your skin and firmly press it on with the palm of your hand. Continue pressing firmly for 10-20 seconds. Wash your hands with water (not soap) in order to rinse away any nicotine from your fingers.
- The patch should be worn for 24 hours and then removed and discarded.



It's important to complete treatment.

If you feel you need to use the NICODERM® Patch for longer than 6 months to keep you from smoking, talk to your healthcare provider.

If strong cravings return when attempting to reduce your patch dose, consider remaining at the higher dose for a longer period.

If you have any questions on how or when to use NICODERM®, please ask your healthcare provider. Always read and follow the instructions provided on the package insert.

† For a person who smokes 10 cigarettes or more per day.

‡ If you weigh less than 45 kg (100 lbs) or have heart disease and your doctor has recommended NICODERM®, start with step 2.

NICORETTE® QuickMist®

With QuickMist® you're almost 2.5x more likely to quit smoking vs. willpower alone.

Instant-release mouth spray that gets to work in 30 seconds.

How does it work?

Designed to be sprayed directly in the mouth to provide a small amount of nicotine to help give fast relief of cravings.

Also available in a Cool Berry flavour!

Replaces up to 150 cigarettes!



How do I use NICORETTE® QuickMist®?

- Open your mouth and point the spray nozzle into your mouth, avoiding the lips.

- Press down on the top of the spray nozzle to release one spray. Allow the spray to absorb.
 - Avoid inhaling while releasing a spray to prevent getting spray going down your throat.
 - For best results, avoid swallowing for a few seconds after spraying.

Avoid drinking acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior to using NICORETTE® QuickMist®. It can interfere with the effectiveness of the product.

STEP 1 WEEKS 1-6

1-2 sprays every 30-60 minutes. Use one spray first, and if cravings do not disappear within a few minutes, use a second.

STEP 2 WEEKS 7-9

Start reducing the number of sprays/day. By the end of week 9, you should be using half the average number of sprays/day as in Step 1.

STEP 3 WEEKS 10-12

Continue to reduce the number of sprays/day. By week 12, you should be using no more than 2-4 sprays/day.

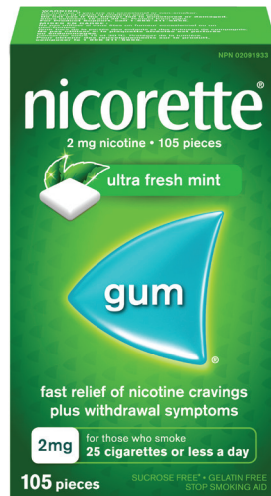
STEP 4 WEEK 12

Stop using NICORETTE® QuickMist®. It is important to complete treatment. If you feel you need to use NICORETTE® QuickMist® longer than 6 months, talk to your healthcare provider.

MAXIMUM DOSE: 2 SPRAYS AT A TIME, 4 SPRAYS/HOUR, 64 SPRAYS/DAY

If you have any questions about using your NICORETTE® QuickMist®, ask your healthcare provider. Always read and follow the instructions on the package insert.

NICORETTE® GUM



Allows you to actively control how much nicotine you use and when you use it.

How does it work?

Chewing NICORETTE® Gum releases a controlled amount of nicotine to help you deal with cravings and withdrawal symptoms.

Available in two strengths (2 mg and 4 mg) and in a variety of flavours!



How do I use NICORETTE® Gum?

It is very important that you use NICORETTE® Gum properly. NICORETTE® Gum is medicine, not ordinary chewing gum, and it can make you feel light-headed, nauseous, or give you the hiccups if you chew it improperly.

- Go slowly.
- **Bite it once or twice, then “park it” between your cheek and gum. Wait a minute, and repeat.**
- Slow down if you start feeling uncomfortable.
- **After about 30 minutes, you will have released all the medication.**
- Discard the gum out of the reach of children and pets, and start a new piece as soon as you get an urge for a cigarette.

Avoid drinking acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior or when chewing a piece of gum. It can interfere with the effectiveness of the product.

If you typically smoke **more than 25 cigarettes a day**, use the 4 mg gum. If you smoke **25 cigarettes or less a day**, use the 2 mg gum.



If you have any questions about using NICORETTE® Gum, ask your healthcare provider. Always read and follow the instructions on the package insert.

NICORETTE® LOZENGE



Allows you to actively control how much nicotine you use and when you use it.

- Designed with dual layers of flavour
- Two flavors: Mint and Fresh Fruit

How does it work?

When you slowly dissolve a lozenge in your mouth, it releases controlled amounts of nicotine to help you deal with cravings and withdrawal symptoms.

Available in two strengths
2 mg and 4 mg

How do I use the NICORETTE® Lozenge?

Place one lozenge in your mouth and allow it to dissolve slowly. You may feel a warm or tingling sensation; this is a sign that the lozenge is dissolving.

Avoid drinking acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior or while a lozenge is in your mouth. It can interfere with the effectiveness of the product.

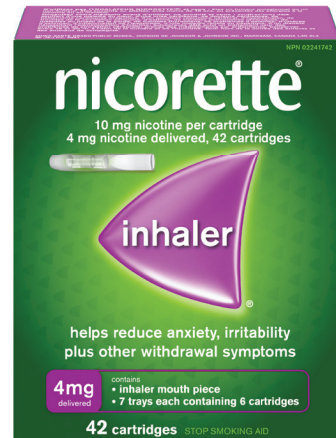
If you typically smoke **more than 25 cigarettes a day**, use the 4 mg lozenge. If you smoke **25 cigarettes or less a day**, use the 2 mg lozenge.



NICORETTE® Lozenges should not be chewed or swallowed whole.

If you have any questions about using NICORETTE® Lozenges, ask your healthcare provider. Always read and follow the instructions on the package insert.

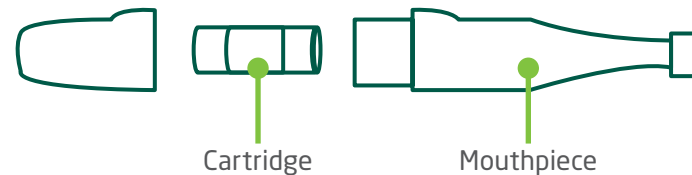
NICORETTE® INHALER



Designed to keep your hands busy, so if you are likely to miss the hand-to-mouth habit of smoking, then this option may be suitable for you.

How does it work?

When you draw on the mouthpiece, the cartridge releases nicotine to help relieve your cravings. Because it is held like a cigarette, it helps satisfy the hand-to-mouth ritual of smoking.

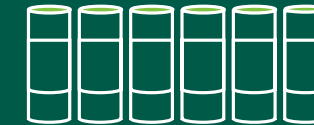


How do I use the NICORETTE® Inhaler?

- Place the tapered end of the inhaler in your mouth and inhale, or puff, as you would a cigarette. As you inhale or puff through the mouthpiece, the nicotine turns to vapour and is absorbed through the lining of your mouth and throat (not your lungs).
- When the cartridge is empty (after approximately 20 minutes of continuous puffing), throw the used cartridge away, out of reach of children and pets.
- Use the NICORETTE® Inhaler whenever you would normally smoke a cigarette, or if you have a craving. One milligram of nicotine is delivered per 5 minutes of puffing.

Avoid drinking acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior or when using the inhaler. It can interfere with the effectiveness of the product.

STEP 1 WEEKS 1-12



6 cartridges/day
(maximum 12 cartridges/day)

STEP 2 WEEKS 13-24



Reduce the number of cartridges gradually.
Stop using the inhaler when you are down to
1-2 cartridges per day.

If you have any questions on how or when to use the NICORETTE® Inhaler, please ask your healthcare provider. Always read and follow the instructions provided on the package insert.

ASSESS YOUR WITHDRAWAL SYMPTOMS

Scale: 0=none 1=good 2=okay 3=bad 4=really bad

WEEK 1	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 2	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

WEEK 3	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 4	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

WEEK 5	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 6	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

If symptoms persist, speak to your healthcare provider about dosing and how you are using your NRT.

Notes

ASSESS YOUR WITHDRAWAL SYMPTOMS

Scale: 0=none 1=good 2=okay 3=bad 4=really bad

WEEK 7	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 8	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

WEEK 9	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 10	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

WEEK 11	Withdrawal symptoms	M	T	W	T	F	S	S	WEEK 12	M	T	W	T	F	S	S	
	Nicotine cravings																
	Increased appetite																
	Depressed mood																
	Restlessness																
	Trouble concentrating																
	Irritability/anger																
	Difficulty sleeping																

If symptoms persist, speak to your healthcare provider about dosing and how you are using your NRT.

Notes

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PSNRT23-03 EN