

QUITTING SMOKING: USING NICOTINE SPRAY

TRANSCRIPT

When you are trying to quit smoking, getting past withdrawal symptoms can be a challenge. Stop smoking aids, like the nicotine spray, can help.

Your doctor may prescribe nicotine spray. Nicotine spray is used once or twice every hour when you first begin to quit. Using the spray will help to lessen your cravings and symptoms of withdrawal.

When using the nicotine spray, tilt your head back slightly. One dose is one spray in each nostril. Don't swallow, sniff, or inhale when you spray. Don't use more than 5 doses per hour and 40 in one day.

Typically you will use the nicotine spray for 8 weeks. As you move further away from your quit date, your doctor may decrease your dose.

Let your healthcare provider know if you experience any side effects that don't go away, like nose or throat irritation, watering eyes, sneezing, and coughing. And let your healthcare provider know right away if you experience fast or irregular heartbeat.

Talk to your healthcare provider if you have any medical conditions, such as diabetes or heart disease, or are currently taking any other medication. There may be a different nicotine replacement therapy that is better for you.

If the cost of the nicotine spray concerns you, talk to your healthcare provider or pharmacist. You may be able to get financial assistance. Remember how much money you will be saving by not smoking.

If you haven't been successful using stop smoking aids in the past, it may be because you tried to do it without a plan. Consider trying it again with a strong plan in place or in a smoking cessation group, or consider another option.

The nicotine spray can help you taper off your need for nicotine, reducing your cravings and symptoms of withdrawal. After a period of time, you will stop using the spray and be totally smoke and craving free.