

# Using Nicotine Gum

When you are trying to quit tobacco, getting past withdrawal symptoms can be a challenge.

Stop smoking aids, like nicotine gum can help.

Nicotine gum is available without a prescription. However, check with your insurance company, some insurance companies will cover the cost for stop smoking aids.

Consult your healthcare provider before using it and follow the directions carefully.

Nicotine gum is not the same as chewing gum and is chewed differently.

Try it now.

Step 1. Do not eat or drink anything besides water 15 minutes before or while using nicotine gum.

Step 2. Chew the gum slowly until you start to taste flavor or get a tingle.

Step 3. Tuck it inside your cheek and keep it there.

Step 4. Once the flavor goes away, chew again. Do this on and off until your craving is gone or for about 30 to 40 minutes.

Let's review.

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Nicotine gum can help you taper off your need for nicotine, reducing your cravings and symptoms of withdrawal.

If you have questions about using nicotine gum, talk to your healthcare provider or pharmacist.