

Using a Nicotine Inhaler

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

Stop smoking aids, like the nicotine inhaler, prescribed by your doctor, can help.

Try it now.

Step 1. Use the nicotine inhaler when you feel the urge to smoke.

Put the mouthpiece in your mouth.

Step 2. Puff into your cheeks, just as you would a cigar. Don't inhale the way you would a cigarette.

Nicotine vapor is delivered to your mouth and absorbed into your bloodstream, with no nicotine getting to your lungs.

Step 3. Use for a minimum of five minutes and/or until you feel your craving is manageable. Do not puff rapidly but puff continuously. The cartridge is used up after 20 minutes of active puffing.

Let's review.

When you feel the urge to smoke use the Nicotine Inhaler.

Put the mouthpiece in your mouth and puff.

Use the cartridge up all at once over 20 minutes or use it only for a few minutes at a time.

Talk to your healthcare provider about how often to use your nicotine inhaler, usually between 6 and 16 cartridges a day over a minimum of a 12-week period.

The amount of cartridges you use per day should decrease as you move further away from your quit date.

After a period of time, you will wean off the inhaler and be tobacco free.

Talk to your provider if your cravings become unmanageable and you need to resume using the inhaler.