

# Gum

## Nicotine Replacement Gum (NRT Gum)

Tobacco contains a very powerful, addictive drug called nicotine. Your body becomes used to the effects of nicotine. When you go without it, quit, or cut back, your body and brain need to adjust. This adjustment is called nicotine withdrawal. Withdrawal can start as soon as 30 minutes after you last used tobacco. There is medicine that can help with withdrawal and increase your chances of quitting or reducing your tobacco use.

Your healthcare provider will help you decide if this product is the best one for you, what dose you need, how long you should take it, and if you should combine it with another tobacco cessation medicine.

### How does it work?

NRT replaces some but not all of the nicotine you get from tobacco, without all of the toxic and dangerous chemicals. NRT is safer to use than tobacco.

The gum releases nicotine into your mouth when you chew it. The nicotine is absorbed into the bloodstream through the vessels in your mouth. Nicotine withdrawal should get better within 15 minutes.

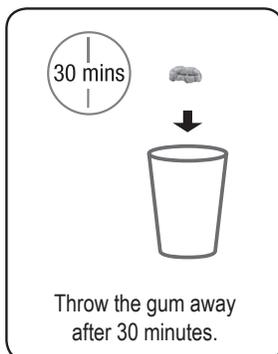
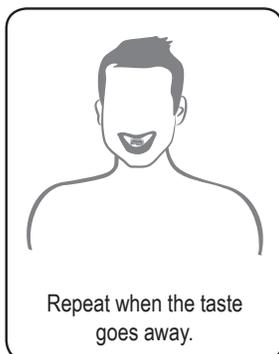
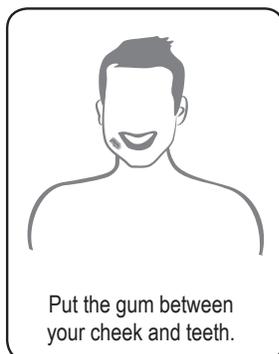
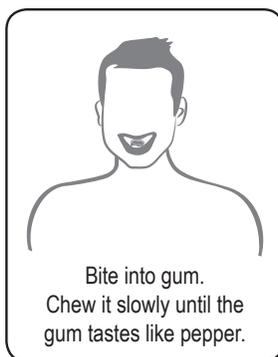
The gum comes in 2 mg and 4 mg doses.

If you have any other medical conditions, or are pregnant or breastfeeding, make sure you tell your doctor and your pharmacist before you start this or any other medicine.

*Nicotine withdrawal can cause:*

- tobacco craving
- irritability
- anxiety
- trouble concentrating
- restlessness
- sleeplessness
- depression
- increased appetite

### How do I use it?



*Your body may clear the caffeine in coffee, tea, pop, and energy drinks differently once you stop smoking.*

*You may need to cut down or watch how much caffeine you drink once you stop smoking.*



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## What else should I know?

- One piece of gum gives you 30 minutes of nicotine.
- Try to quit before using the NRT gum. If you do still smoke, you can use it as you cut down.
- Don't eat or drink 15 minutes before using the gum. This includes chewing gum and candy. Coffee, tea, soft drinks, alcohol, or citrus juices may affect how the nicotine enters your body.
- If you did eat or drink less than 15 minutes ago, rinse your mouth with water before using the gum.
- Don't use the gum if you have dentures or a history of jaw pain, like TM J.
- Store gum at room temperature in a closed container away from heat, moisture, and direct light.
- Store and dispose out of reach of children and pets as the gum has enough nicotine in it to hurt a child or animal.

## What should I watch for?

- If you have any of these symptoms, you may be getting too much nicotine: fast heartbeat, nausea and vomiting, dizziness, weakness, fainting, sweating, blurry vision, trouble hearing, confusion, and seizures. Stop using and see a doctor right away.
- Side effects include a sore mouth, jaw ache, hiccups, and stomachache. This could be technique-related, please read over how to use the gum again.
- Allergic reaction (for example: very bad itching, hives, swelling in your mouth, a tight feeling in your chest, or trouble breathing). Stop using the gum and see a doctor right away.
- Speak to your pharmacist about how quitting might affect other medicine you take. Your body may respond to some medicine differently once you stop using tobacco.

*Check with your doctor or pharmacist if you have any concerns about changes to your health, including depressed mood, while taking this medicine.*

## What else can I do?

Your chance of successfully quitting tobacco improves if you combine quit methods like medicine and supportive counselling.

AlbertaQuits is free, convenient, personalized support to quit smoking or spit tobacco.

# AlbertaQuits

FREE | CONVENIENT | PERSONALIZED

[albertaquits.ca](http://albertaquits.ca)

1-866-710-QUIT (7848)

### ONLINE AlbertaQuits Online:



[albertaquits.ca](http://albertaquits.ca)

Access member tools, interactive quit plans, and a supportive community to help you quit.

### TEXT



### AlbertaQuits by Text

Get quit tips and support sent straight to your smart phone. Support is just a TEXT away!

### PHONE



### AlbertaQuits Helpline:

1-866-710-QUIT

Cessation Counsellors will help you develop a quit plan, manage cravings and stay on track.

### GROUPS AlbertaQuits Groups



QuitCore offers FREE groups, run by trained leaders. Get support, share experiences and learn how to quit.