

Mouth Spray

Nicotine Replacement Mouth Spray (NRT Mouth Spray)

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.

When you use the mouth spray, it releases nicotine into your mouth. The nicotine is absorbed into the bloodstream through the blood vessels found near the surface of your mouth. Nicotine withdrawal should get better within 1 minute (60 seconds).

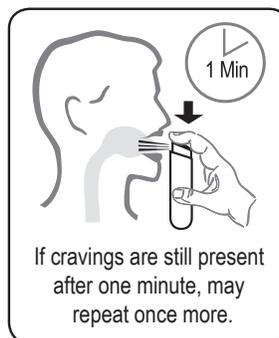
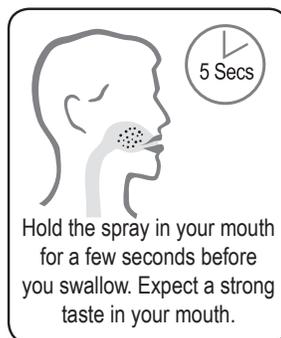
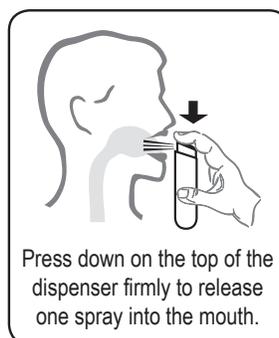
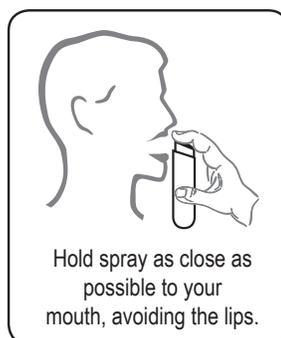
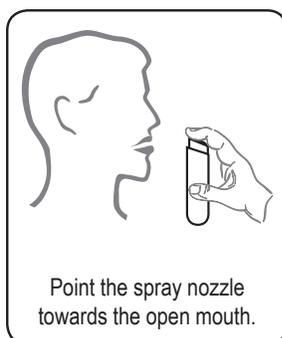
Each bottle of NRT mouth spray provides about 150 sprays. One spray will give you about 1mg of nicotine.

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 or two sprays replaces one cigarette. Do not use more than two sprays at a time or more than four sprays in one hour.
- The NRT mouth spray contains a very small amount of alcohol, less than 100 mg per spray. If this is a concern to you, talk to your doctor or pharmacist about other medicines.
- Try to quit using tobacco products before using the NRT mouth spray. If you do still smoke or use tobacco products, you can use it as you cut down your tobacco use.
- Some mouth spray pumps need to be primed at first use or if the spray has not been used for more than a couple days. This means pressing on the dispenser several times into a tissue until a fine spray is released. The spray may also have a child safety lock feature. Read the product information for more instructions.
- Do not eat or drink 15 minutes before and after using the mouth spray as this may affect how the nicotine enters your body.
- Store the mouth spray at room temperature.
- Store and dispose out of reach of children and pets as the patch has enough nicotine in it to harm 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 hiccups, headache, stomachache, dry mouth or throat, pain or tingling in the mouth or lips, and a bad taste in your mouth. This may be due to improper technique. Please review how to use the mouth spray.
- Allergic reaction (for example: very bad itching, hives, swelling in your mouth, a tight feeling in your chest, or trouble breathing). Stop using it 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

1-866-710-QUIT (7848)

ONLINE AlbertaQuits Online:



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.