

Nicotine gum, an FDA-approved nicotine replacement therapy (NRT), will help you quit tobacco and control cravings when used correctly. Cravings occur when you are triggered by something that reminds you of using tobacco, such as a person, thought, feeling or an activity.¹

How to Use Nicotine Gum

- Use gum before you feel a craving coming on.
- Do not eat or drink 15 minutes before or while using gum.
- Use one piece every 2-4 hours.
- Slowly chew until you feel a tingly or peppery taste, then rest or “park” the gum between your cheek and tooth gum line.

Tips for Success

- Do not chew nicotine gum like regular gum. Make sure to chew and park it!
- Nicotine gum comes in different dosages depending on your current tobacco use. Talk to your health care provider or pharmacist to make sure your dose is correct.
- Use gum throughout the day to ease cravings.
- Gum is a form of short-acting NRT that when used in combination with long-acting NRT, such as patches, can be even more effective in reducing withdrawal symptoms.

Potential Side Effects

- Mouth and jaw soreness, upset stomach, hiccups, light-headedness and nausea or vomiting are common side effects you might experience while using nicotine gum.
- Let your health care provider know if you experience any side effects. Not using the gum correctly can cause side effects to occur.



KEY POINTS

- **Nicotine gum will help you manage cravings when quitting tobacco products.**
- **Do not chew like regular gum; make sure to chew and park gum.**²
- **Let your health care provider know if you experience any side effects.**

References:

- 1) Centers for Disease Control and Prevention. 7 Common Withdrawal Symptoms. Updated December 12, 2022. Accessed May 3, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/index.html>
- 2) Centers for Disease Control and Prevention. How to Use Nicotine Gum. Updated November 28, 2022. Accessed April 25, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/which-quit-smoking-medicine-is-right-for-you/nicotine-gum.html>
- 3) Centers for Disease Control and Prevention. Image. Updated November 28, 2022. Accessed April 25, 2023. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/which-quit-smoking-medicine-is-right-for-you/nicotine-gum.html>