

# Nicotine Gum for Quitting Tobacco Use

April 2026

Nicotine gum, an FDA-approved nicotine replacement therapy, or 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. <sup>1</sup>

If you need help accessing or understanding this information, contact [TobaccoVT@Vermont.gov](mailto:TobaccoVT@Vermont.gov).

## 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 Press the patch down firmly to make sure it sticks to your skin.
- 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.<sup>2</sup>

## Tips for Success

- Do not chew nicotine gum like regular gum.
- 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 may experience while using nicotine gum.



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## Potential Side Effects, continued

- Let your health care provider know if you experience any side effects. Not using the gum correctly can cause side effects to occur.

## 802Quits Can Help You Quit Tobacco and Nicotine

- Get FREE quit support by phone, text, online or small group workshop:
  - 1-800-QUIT-NOW (1-800-784-8669)
  - Text Start to 300500
  - 802Quits.org
  - Visit MyHealthyVT.org to find a quit workshop.
- Get FREE nicotine replacement lozenges, gum or patches delivered right to your home.
- Customize a quit plan that works for you!
- Earn up to \$250 in cash rewards for completing coaching calls. Some conditions apply.

## 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>.