

Nicotine Lozenge for Quitting Tobacco Use

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Nicotine lozenges, a form of 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.¹ When possible, use a lozenge before nicotine cravings begin.

If you need help accessing or understanding this information, contact TobaccoVT@Vermont.gov.

How to Use Nicotine Lozenges



- Use one lozenge in your mouth every two hours as needed.
- Rest or tuck the lozenge inside your cheek next to the tooth gum line.
- Let the lozenge dissolve or melt inside the cheek slowly. You can move the lozenge from one side of your mouth to the other as it dissolves.² Do not chew, suck or swallow the lozenge.

Tips for Success

- Lozenges come in two different strengths: 2 milligrams (mg) and 4 mg.
- The dose you need depends on when you first use tobacco each day, how much tobacco you currently use, and whether you use the lozenge in combination with the nicotine patch. If you have questions about dosing, talk with your health care provider or pharmacist.
- Only use one lozenge at a time. Do not use one lozenge right after another.²
- Do not eat or drink 15 minutes before using lozenges or while using lozenges.
- Avoid acidic food and drinks, like coffee and soda, which can stop the lozenge from working properly.²
- Lozenges are a form of short-acting NRT that when used in combination with long-acting NRT, such as the patch, can be even more effective in reducing withdrawal symptoms.



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802-863-7200



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Potential Side Effects

- Irritation inside mouth, nausea, sore throat and dizziness are common side effects you might experience while using nicotine lozenges.
- Let your health care provider or pharmacist know if you experience any side effects.
- Not using lozenges correctly can cause side effects to occur. Follow instructions.

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 14, 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 Lozenges. Updated November 28, 2022. Accessed May 14, 2023.

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/how-to-use-quit-smoking-medicines/how-to-use-the-nicotine-lozenge.html>