

## FRESH Patient Screen

Your dental practice is participating in a study in the National Dental Practice Based Research Network called the Free Samples for Health (FreSH) Study. In the FreSH study, dental patients who smoke will receive brief advice about their smoking, a referral to the state quit line, and a free sample of either nicotine replacement therapy (nicotine patch and nicotine lozenge) or an electric toothbrush during their upcoming dental visit. Participants will complete 5 surveys and may complete a carbon monoxide breath test and/or an interview over a six-month period. Participants will be paid up to \$180 for the study. The study will take about 2 hours of your time over the next six months.

Are you interested in participating in the FreSH study?

- Yes  
 No

If you are interested in participating in the FreSH study, please answer the following questions to see if you are eligible:

1. How old are you?	Age: _____
2. [If age=18] Do you currently receive dental care in Nebraska?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Did you smoke at least 1 cigarette per day on at least 25 of the last 30 days?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you own a smartphone?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Are you currently pregnant or breastfeeding?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Have you had a heart attack (myocardial infarction) or stroke in the past 3 months?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. In the past week, have you used any medication to help you stop smoking (such as the nicotine patch, nicotine lozenge, nicotine gum, nicotine nasal spray, the nicotine inhaler, Bupropion/Zyban or Chantix to stop smoking)?	<input type="checkbox"/> Nicotine patch <input type="checkbox"/> Nicotine lozenge <input type="checkbox"/> Nicotine gum <input type="checkbox"/> Nicotine nasal spray <input type="checkbox"/> Nicotine inhaler <input type="checkbox"/> Chantix <input type="checkbox"/> Bupropion/Zyban <input type="checkbox"/> None of the above
8. If Bupropion/Zyban: Did you take this medicine to help you stop smoking or for some other reason?	<input type="checkbox"/> To stop smoking <input type="checkbox"/> Other reason
9. Are you currently enrolled in the FreSH study at this clinic or any other clinic?	<input type="checkbox"/> Yes <input type="checkbox"/> No

# FreSH Study Contacts

 701 Park Ave, S9.104, Minneapolis, MN 55415

 612-791-3919

 [fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org)

You will be contacted by email or text with a link to each follow-up survey.



# Smokerlyzer®



Breath carbon monoxide monitors  
Helping people to stop smoking



**References:**

1. COppm- %COHb calculation taken from: Jarvis M et al (1986) "low cost Carbon Monoxide monitors in smoking assessment." Thorax 41 pp 886-887.

2. COppm- %FCOHb calculation taken from: Gomez C. et al (2005) "Expired air carbon monoxide concentration in mothers and their spouses above 5ppm is associated with decreased fetal growth." Preventive Medicine 40 pp 10-15

Adult	
COppm	%COHb <sup>1</sup>
30	5.43
29	5.27
28	5.11
27	4.95
26	4.79
25	4.63
24	4.47
23	4.31
22	4.15
21	3.99
20	3.83
19	3.67
18	3.51
17	3.35
16	3.19
15	3.03
14	2.87
13	2.71
12	2.55
11	2.39
10	2.23
09	2.07
08	1.91
07	1.75
06	1.59
05	1.43
04	1.27
03	1.11
02	0.95
01	0.79

Maternity	
COppm	%FCOHb <sup>2</sup>
20+	5.66
19	5.38
18	5.09
17	4.81
16	4.53
15	4.25
14	3.96
13	3.68
12	3.40
11	3.11
10	2.83
09	2.55
08	2.26
07	1.98
06	1.70
05	1.42
04	1.13
03	0.85
02	0.57
01	0.28

Having a reading in this zone indicates you may well be a **regular smoker** with higher levels of CO in your blood. Do not despair! Help is at hand and your stop smoking advisor can help you to give up smoking and lower your reading into the target "Green zone".

Having a reading in this zone would indicate a **light smoker** or a **non-smoker** breathing in poor air quality or passive smoke. Your stop smoking advisor will be able to advise on the best course of action to lower this reading to the target "Green zone".

**This is where you really need to be!**  
It means you have less than 2% carbon monoxide (CO) in your blood. Most people have a small amount of CO in their breath, this is due to the air quality around you.

Visit [www.bedfont.com/resources](http://www.bedfont.com/resources) to view this document in other languages.



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**Can I get more lozenges and/or patches? We encourage you to get more if you want. Both patches or lozenges can be purchased over-the-counter at any drug or grocery store, or can be prescribed to you.**

**How should I use these products? We encourage you to use these products as much as you can, but it is up to you as to how you use them. You might want to take a brief pause from smoking, maybe a few hours or even a few days. Take the pressure off of trying to quit for good, and just focus on a short period of “practice,” familiarizing yourself with these products and how they work. It is completely up to you as to how you use these products.**

**What about other medications to help me quit? There are other medications to consider too, and you should consult with your physician about them: nicotine nasal spray, nicotine inhaler, bupropion (Zyban), or varenicline (Chantix).**

**What should I do if I don't use my medication right away and it is past its expiration date? If your medication is past its expiration date during your participation in FreSH, call or email and we will replace it.**



**Hennepin  
Healthcare**

Research Institute

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## **Frequently Asked Questions (FAQs) about Nicotine Lozenges & Patches**



**Questions?**

**Call the FreSH study at:**

**612-791-3919**

**Email at:**

**[fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org)**

## FAQs

**What is the nicotine lozenge?** The lozenge is like a hard candy that you put in your mouth until it dissolves. As it dissolves, it gives you nicotine so that you don't crave cigarettes as much.



**When should I use the lozenge?** You should use the lozenge any time you want a cigarette. The package instructions suggest you use up to 20 per day. Another option is that you use the lozenge on the hour, whether you're craving a cigarette or not. This might prevent urges from coming on.

**What is the nicotine patch?** It is an adhesive patch that you stick on your skin. It provides nicotine throughout the day so that you don't go through as much withdrawal and crave cigarettes.

**When should I use the nicotine patch?** You should apply one new patch every 24 hours on skin that is dry, clean, and hairless. After 24 hours, you should remove the used patch and apply a new one to a different skin site at the same time each day. You can remove the patch at bedtime and apply a new one in the morning if you have vivid dreams.



**Can I wear the patch if I have sensitive skin?** If you have a skin disease, rashes, or allergies to adhesives, you should monitor your use of the patch. Make sure to apply a new patch to a different part of your body (i.e., different arms, upper back, chest) to avoid one site getting too irritated.

**Why did I receive the 4mg dose of lozenge and the 14mg dose of patch?** All participants in this study receive the 4mg lozenge and 14mg patch, which is the minimum standard dose for daily smokers. People smoking >10 cigarettes per day are recommended to use the 21mg patch. If you smoke >10 cigarettes per day and are having strong cravings contact your doctor about the 21mg patch.

**Can I change my dose?** If you are having side-effects from the products and want to reduce your dosage, we recommend you simply keep the lozenges in your mouth for a shorter period of time or wear the patch only during the day, not at night. You can consult your physician if you think you need a higher dose.

**What about side-effects?** The most common side effects of the lozenge are sore throat, indigestion, gas, and nausea. The most common side effects of the patch are nausea, dizziness, headache, and redness/irritation at the application site. We've already determined you don't have a condition that puts you at increased risk for side-effects. Side effects are uncommon and serious side effects are very rare.

**Will the products prevent me from gaining weight?** The products will delay but not prevent weight gain. We don't recommend dieting and stopping smoking at the same time. Studies show that when smokers try that they often go back to smoking. It may be helpful to increase your physical activity.

**Is it harmful to smoke and use the patch or lozenge at the same time?** If you want to reduce your smoking, use of these products might help you do so. The belief that smoking and using nicotine products is dangerous was based on one study of 5 people from many years ago. Many studies since then, examining thousands of people, have found that using nicotine medication and smoking at the same time is not dangerous.

**Can I use the products at the same time?**

You can use these products separately or at the same time. If you do use them at the same time, this is safe as long as you cut back smoking. The most common signs of getting too much nicotine are headaches and dizziness. If you experience either of these, use only one product at a time. Experts recommend the combination of nicotine replacement therapy, like lozenges and patches. Their effectiveness can be further enhanced when combined with counseling for quitting smoking, like a quitline.

**Does the lozenge taste bad?** The lozenge has a slight "hot" tingling taste that most smokers get used to. Don't give up on the lozenge based on the taste of the first few. You will likely adjust to it.

**How many lozenges equal one cigarette?** It's hard to say. It is different from one smoker to the next. Nicotine from cigarettes gets to your brain quickly because it is absorbed by the lungs. Nicotine from lozenges gets to the brain slowly. We recommend you not worry about this and just use as many lozenges as you think you need. It is extremely rare that a smoker would get more nicotine from using lozenges than from smoking.

**How long should I wait after drinking to use a lozenge?** Most drinks interfere with absorption of nicotine from the lozenge. For best results, wait 15 minutes after drinking anything other than water. Even if you use the lozenge right after drinking, you will still get some relief. It will just not be as great.

**Can the patch get wet?** Water won't harm the patch. You can shower, bathe, or swim for short periods of time while wearing it.

*Continued on back....*

# Samples of Medication GIVE THEM A TRY!



## **Suggested Use of Nicotine Medications, in General**

- We hope you try these samples of nicotine patches and lozenges. If you're ready to quit, that's great. If you're not ready to quit, that's okay too.
- You've already been screened to use them. Your dentist thinks they are safe to use.
- Even if you don't want to quit right now, you can try the medications, at least for a few days. Try them out and see what you think!
- Using nicotine patch and lozenge at the same time is fine. This means you'll get more nicotine and be even less likely to want a cigarette. Using the patch and lozenge together increases your chances of quitting. Symptoms of too much nicotine include nausea or a headache. If this happens, discontinue use of one or both products.
- When you're done with these samples, consider getting more. These products are available over-the-counter (you don't need a prescription) at all drug and grocery stores. They also may be covered by your insurance if you get a prescription for them. You'll save money in the long run – they're cheaper than cigarettes!

## **Suggested Use of Nicotine Patch**

- The patch gives you a slow but steady dose of nicotine throughout the day.
- Put a patch on in the morning and take it off the next morning. It's that easy.
- You can sometimes have vivid dreams if you wear the patch overnight. If this happens, just take it off 1-2 hours before bedtime and put a new one on the next morning.
- Skin itchiness or redness is the most common side effect, but this is usually very mild. If you experience this, try rotating where you place it on your body. Put it on a different spot each day.

## **Suggested Use of Nicotine Lozenge**

- When you really want a cigarette, pop a lozenge in your mouth instead. Even better – anticipate when you will want a cigarette and use a lozenge before the craving starts!
- Let the lozenge dissolve in your mouth like a cough drop.
- Do not bite, chew, or swallow the lozenge, as this might upset your stomach.
- Throat irritation or burning is the most common side effect, but this is usually very mild. Stick with it!

**Questions? Call the FreSH study at 612-791-3919**

**In this brochure:**

- Tobacco increases your risk for gum disease and tooth loss
- E-cigarettes and vaping devices can contain the same toxic ingredients as cigarettes
- Smokeless tobacco and hookahs contain nicotine and other hazardous chemicals
- Reasons to quit using tobacco and tips to help you succeed

**ADA Healthy Smile Tips**

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

For more information about taking care of your mouth and teeth, visit [MouthHealthy.org](http://MouthHealthy.org), the ADA's website just for patients.



*Nicotine stain photo courtesy of Othman Shibly, DDS, MS, School of Dental Medicine, University at Buffalo, State University of New York.*

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Health

# Tobacco and Oral Health

Tobacco in any form is bad for your health



**ADA American Dental Association®**  
America's leading advocate for oral health

## Do You Use Tobacco?

You are probably aware that tobacco may cause cancer, stroke and heart disease, but did you know that it can also cause serious harm to your mouth?

It doesn't matter how you use it—whether you smoke, vape, dip or chew—tobacco is not good for you. Talk with your dentist or physician about ways to quit.

### Using Any Form of Tobacco is Risky.

#### Cigarettes, pipes and cigars

Smoking traditional tobacco products like cigarettes, pipes and cigars may cause serious health issues to your mouth and throat. Cigarette smoke has more than 7,000 chemicals and chemical compounds, like carbon monoxide and arsenic. At least 70 of these are known to cause cancer, including mouth or throat cancer.

Smoking is also linked to:

- Gum disease
- Heart disease
- Stroke
- Lung disease
- Problems with pregnancy
- Birth defects (including cleft lip and/or cleft palate)



Smoking causes stains that can only be removed by a licensed dental professional.

### What Happens to Your Mouth When You Use Tobacco?

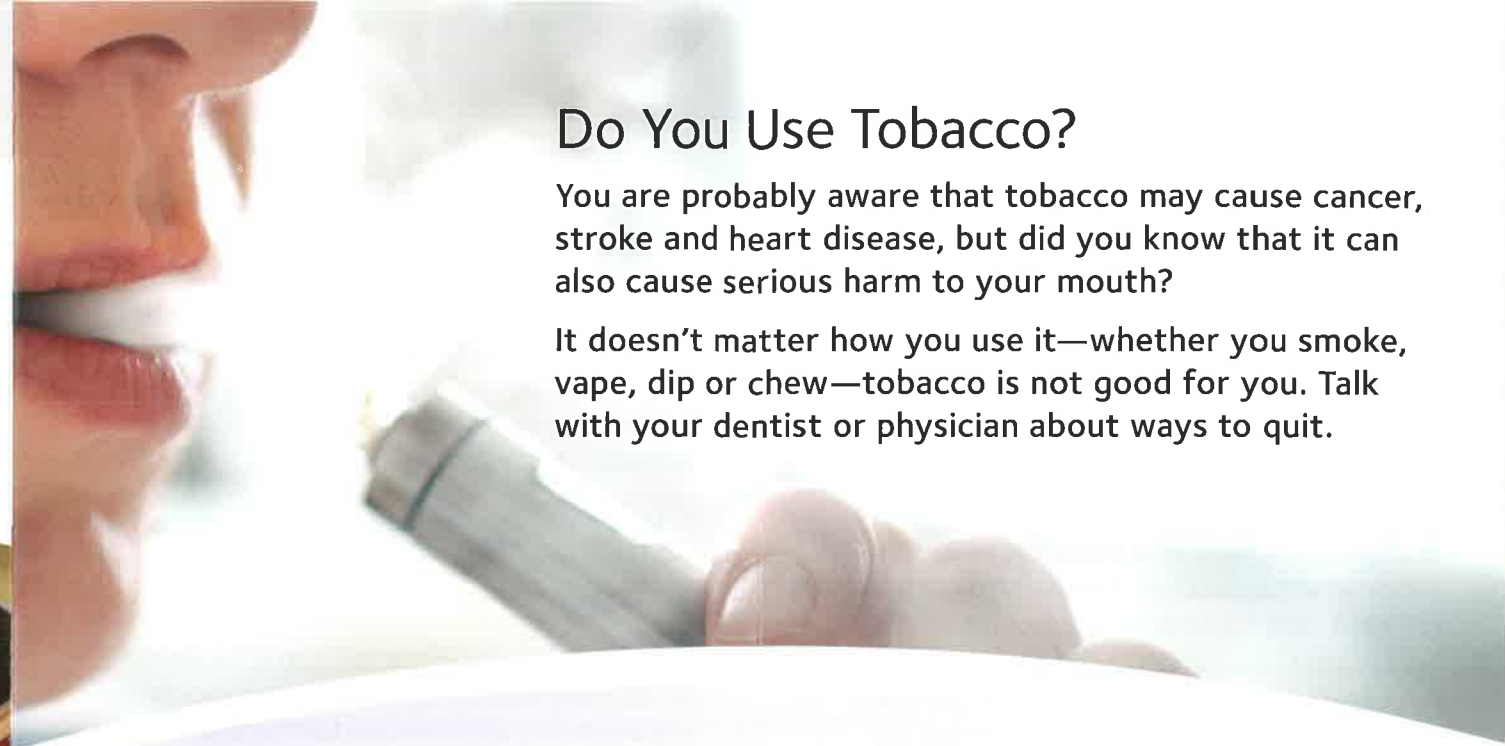
Overall, tobacco can negatively affect all parts of your overall health, including your oral health. It can lead to gum disease and tooth loss. Your teeth and tooth-colored fillings can become brown and stained. You can also have bad breath that doesn't go away and can get mouth sores. Using tobacco also slows down healing after dental treatments.



Sores, gums that pull away from teeth, and stains often result from using smokeless tobacco.



Tobacco users are at higher risk of gum disease, which can lead to tooth loss.



## Other Forms of Tobacco

### E-cigarettes and Vaping Devices

Many people are turning to e-cigarettes and vaping devices because they believe they are a safer and healthier choice than traditional tobacco products. But, there is no current evidence to show that e-cigarettes and vaping devices are any safer than regular tobacco products.

**Some of the same toxic ingredients that are in cigarettes have also been found in the vapor of e-cigarettes.** There are thousands of brands and types of vaping liquids on the market and there is little regulation on the levels of carcinogens. They all have different ingredients and different amounts of nicotine in them, so there isn't a clear way to know what chemicals and how much nicotine you are inhaling every time you vape.

#### Did You Know?

American teens and tweens who use e-cigarettes are more than **4 times as likely to try a regular cigarette** compared to those who never tried e-cigarettes.



If you are addicted to nicotine, it will be difficult to stop using e-cigarettes.



**78%**

According to the Centers for Disease Control (CDC), from 2017 to 2018, e-cigarette use went up **78% among high school students and 48% among middle school students.**

### Smokeless Tobacco

Smokeless tobacco (also called chewing tobacco, spit, dip, snuff, snus or chew) contains more than 3,000 chemicals, including at least 28 cancer-causing ingredients. You may think that "smokeless" means "harmless," but this is not true. **Any kind of tobacco can harm your health.**

In fact, if you use smokeless tobacco, you can take in a large amount of nicotine and cancer-causing chemicals without even lighting up.

The nicotine in smokeless tobacco is swallowed or absorbed through blood vessels in your mouth, making it very addictive and hard to quit.

### Waterpipes (Hookahs)

Smoking waterpipes, or hookahs, has been linked to many of the same health problems as smoking cigarettes. They also pack a tobacco punch. A hookah smoking session could last as long as 60 minutes.

There are many types of hookah tobacco available, so you can't know how much nicotine and other dangerous chemicals are in it every time you smoke. Water filtration does not limit the harmful effects of tobacco.

#### Did You Know?

According to the CDC, a person puffs on a cigarette an average of 20 times, but **they may take 200 puffs during an hour-long hookah session.**



**200**  
puffs/hour

## Why Quit Using Tobacco?

- **Your mouth can be healthier.** Quitting tobacco can lower your risk for gums that pull away from your teeth, gum disease, bone loss of the jaw and tooth loss.
- **You may look and feel better.** Bad breath, drooling and stained teeth that cannot be cleaned by brushing are all results of using tobacco.
- **You will save money.** The amount you spend each week on tobacco can add up to hundreds, even thousands, of dollars a year.
- **You will set a healthy example.** Be a role model for your family and friends, especially children. You may even inspire others to give up tobacco when you quit.

### Tips to Quit Tobacco

- **Make a list** of your own personal reasons for quitting.
- **Set a date to quit** in the near future and stick to it. Choose a "low stress" time to quit.
- **Don't do it alone**—ask your dentist, physician, family, friends and coworkers for their support in helping you quit.
- **Ask your dentist or physician about products** that may help your body gradually get used to life without nicotine.
- **Find a healthy substitute** when you have a tobacco craving, such as sugarless gum, sugar-free hard candy, sunflower seeds or carrot sticks.
- **Think about the 4 Ds** when you crave tobacco:
  - **Delay**—the craving will pass in 5–10 minutes.
  - **Drink water**—it gives you something to hold in your hands and put in your mouth.
  - **Do something else**—distract yourself by being active.
  - **Deep breathing**—slow, deep breathing in and out will help relax you.

### Resources to Quit Tobacco

[www.smokefree.gov](http://www.smokefree.gov)

This website provides a Step-By-Step Quit Guide and other tools to help you quit.

[www.cdc.gov/tips](http://www.cdc.gov/tips)

This website provides stories and tips on how to quit from former smokers.



[www.cdc.gov/quit](http://www.cdc.gov/quit)

This website has resources to help you quit, like access to Quitlines and the quitSTART app.

**National Network of Tobacco Cessation Quitlines**

1-800-QUITNOW (1-800-784-8669)

1-800-332-8615 (TTY)

Callers can speak with a counselor in your state, as well as receive information and referrals to other helpful sources.



# Quit-Smoking Medicines

## Your insurance covers quit-smoking medicines!

Under the Affordable Care Act health plans must cover at least one FDA approved quit-smoking medication ([Click here to learn more](#)). Call your health insurance company to find out which medicine(s) your health plan covers.

People who use FDA-approved quit-smoking medicines are twice as likely to quit for good.

Your doctor can help you decide which medicine(s) are best for you.

Although many drugs or devices claim to help people quit smoking, the following medicines are the only ones that have been scientifically proven to work. They are approved by the Food and Drug Administration (FDA) to help people quit smoking and are not addictive:

## Over-the Counter (Prescription is needed if covered by insurance)

### 1. Nicotine Patches

- Patches are placed on the skin and give the user a small and steady amount of nicotine.
- Patches come in different strengths. Be sure to read the package to figure out what strength you should begin with—it depends on how many cigarettes you smoke each day. You will decrease the strength of the patches over time, according to the schedule in the package.
- Start using the patch on the morning of your quit date and keep it on until the next morning. Place the patch on a clean, dry part of your upper body with not too much body hair. The outside of the upper arm or chest is often the easiest place. Press the patch firmly to your skin for 10-20 seconds.
- Changing the location of the patch each day can reduce any redness or soreness you may have. If you have trouble sleeping, take the patch off before you go to bed and put a new one on in the morning.



### 2. Nicotine Gum

- Nicotine gum slowly decreases the amount of nicotine you receive, the same way the nicotine patch does. These medicines are known as Nicotine Replacement Therapies (NRT).
- Nicotine gum is chewed until it produces a tingling feeling, and then it is placed between your cheek and gums to release a small amount of nicotine. Continue chewing and parking between cheek and gums for 20-30 minutes.
- Use 2 mg gum if you smoke less than 25 cigarettes a day or 4 mg if you smoke more.

- Chew a piece of gum every 1-2 hours that you're awake. Be sure not to use more than 24 pieces of gum per day. Over time you can cut down on the number of pieces you have per day.
- Stay away from caffeine, orange juice, and alcohol for 15 minutes before or while using nicotine gum. These drinks will make the medicine not work as well.
- Be sure to use these medicines correctly to avoid any side effects that could happen, such as mouth and throat discomfort.
- People often need to use nicotine gum for up to three months. Follow the timeline in the package your medicine came in.



### 3. Nicotine Lozenges

- Nicotine lozenges work in a similar way to gum by slowly decreasing the amount of nicotine you receive. Lozenges look like hard candy and release nicotine as the lozenge dissolves in your mouth.
- Have a lozenge every 1-2 hours that you're awake. Be sure not to use more than 20 pieces per day if you use 4mg gum, or 30 pieces per day if you use 2mg gum. Over time you can cut down on the number of pieces you have per day.
- Stay away from caffeine, orange juice, and alcohol for 15 minutes before or while using a lozenge. These drinks will make the medicine not work as well.
- Be sure to use these medicines correctly to avoid any side effects that could happen, such as mouth and throat discomfort.
- People often need to use lozenges for up to three months. Follow the timeline in the package your medicine came in.



## Prescription

1. **Chantix**, also known as varenline, is the newest medicine available. It is a pill that helps with cravings and other withdrawal symptoms. It also blocks the part of the brain that gives smoking its kick.

- You should start taking this pill at least one week before quitting smoking.
- It is not addictive.
- Your doctor must prescribe it.



2. **Zyban** is also known as Wellbutrin SR or bupropion. It's a pill that can help with cravings and other withdrawal symptoms.

- Start taking Zyban about one week before you quit smoking.

- It is not addictive.
- Your doctor must prescribe it.

### 3. Nicotine Inhaler

- A nicotine inhaler is a cartridge containing nicotine attached to a mouth piece.
- After placing the cartridge into your mouth, breathe in to bring the nicotine into the back of your throat.
- This is not as commonly used as other forms of nicotine replacement therapy like the patch, gum, or lozenge. But some people prefer it because the act of using it is like the behavior of smoking.
- Over time you can cut down on the number of cartridges you use per day.



### 4. Nicotine Nasal Spray

- Nicotine nasal spray is another form of nicotine replacement therapy. It is a pump bottle containing nicotine. This spray goes in your nose, one or two times per hour, when you are awake.
- It may cause coughing, runny nose or watery eyes during the first week or two but these side effects get better over time.
- You may need to use nicotine spray for up to six months, but you can use less after you have used it for two or three months.



If you don't feel well while using any quit-smoking medicine, call your doctor or talk with a pharmacist right away. As with all medicines, there may be side effects.

### Combination Therapy

Combination therapy for quitting smoking means that a person takes more than one medicine at the same time to increase their chances of quitting for good. For example, a person could use nicotine patches and nicotine gum together and that combination might help them more than the gum alone.

Combination therapy can include over-the-counter options (such as nicotine patches), a prescription medication, or a combination of prescription and over-the-counter medicines. Your health care provider will help you choose what will work best for you.

You may want to try combination therapy if:

- You are still having withdrawal symptoms while using one type of quit smoking medicine.
- You have not been able to quit using only one type of quit smoking medicine.

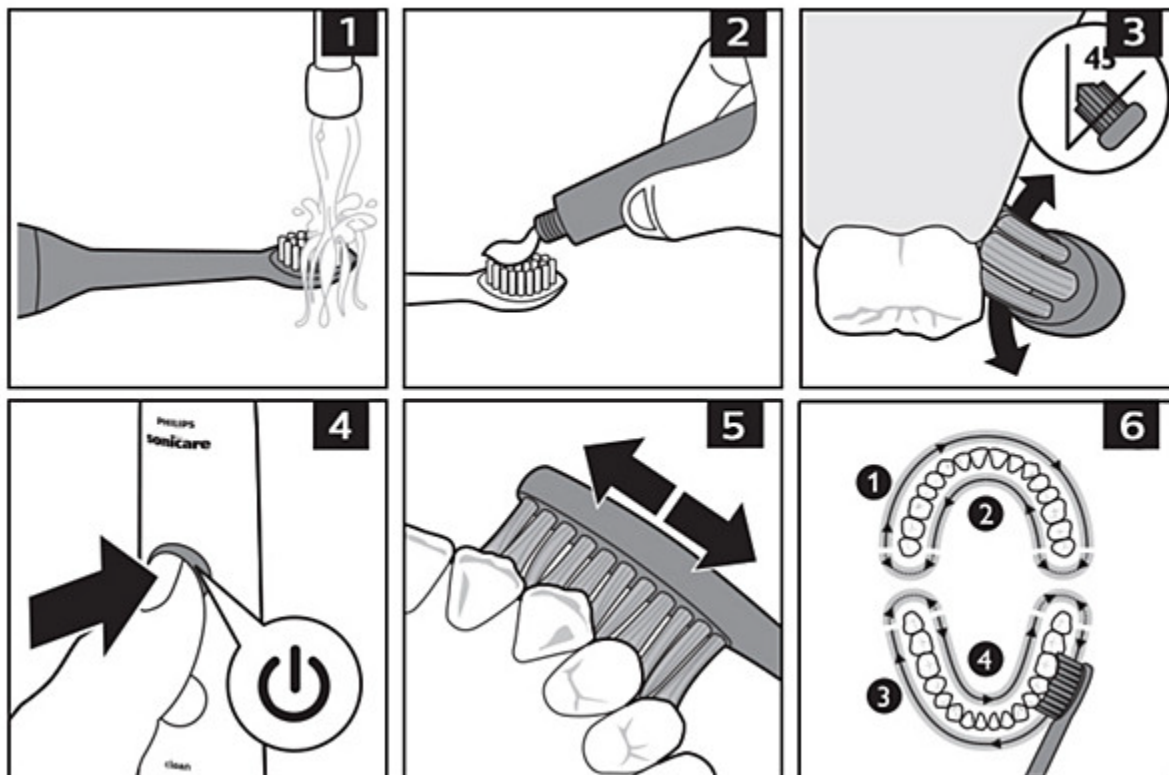
# Instructions to use your Philips Sonicare Toothbrush



1. Wet the bristles of the brush head
2. Apply a small amount of toothpaste
3. Place the bristles against your teeth at a 45° angle, towards the gum line
4. Press the power button to start brushing
5. Apply light pressure and move the brush head slowly across the teeth in a small back and forth motion, allowing the brush to do the work
6. Continue this motion throughout your brushing cycle

Some Philips Sonicare Toothbrush models come with a Quadpacer feature. If you have the Quadpacer feature, you can divide your mouth into four sections (see image step 6). The Quadpacer will vibrate intermittently to tell you to move on to the next section.


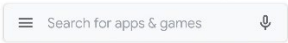
**Note:** Do not scrub. To maximize, only apply light pressure and let the toothbrush do the brushing for you

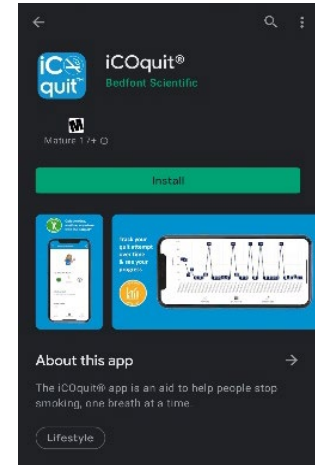


Source credit: <https://www.usa.philips.com/c-f/XC000006595/how-to-use-my-philips-sonicare-toothbrush>

**Questions? Call the FreSH study at 612-791-3919.**

## 1. Download the “iCOquit” app

- a. Open Google Play Store icon  on your phone
- b. Tap the Search bar  at the top of the screen
- c. In the Search bar, type “iCOquit”
- d. You will see a screen that looks like the screen to the right
- e. Tap “install” to download the iCOquit app



## 2. Open the iCOquit app on your smartphone.

- a. Sign in using the following Username:XXXXXX and Password:XXXXX

## 3. Record your carbon monoxide using the iCO™



- a. Click on “breath test” and pass through the hygiene warning
- b. You will need to **allow the app to access your location when prompted** in order for the device to connect properly.
- c. Hold down the power button on the device until it connects to the app. When it’s connected the transparent ring around the device will turn blue.
- d. Tap “New Breath Test” and follow the instructions and timer provided on the screen to inhale and hold your breath for 15 sec. Exhale into the device when the instructions prompt you to do so. When your test results appear on the screen, click “continue.”
- e. Answer the questions on the screen and then click “continue” until the “dashboard” screen appears. That’s it! You may now close the app.

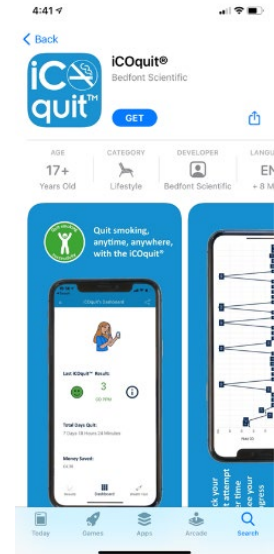
### Things to Remember

- 1) The iCO™ is yours to keep and does not need to be returned to us.
- 2) You should take a CO breath test regardless of whether you have been smoking or not.
- 3) Your compensation for this study is not dependent on whether you have quit smoking. You will be compensated for providing a CO reading, regardless of what your CO value is and whether you are smoking or not.
- 4) You will earn \$50 for completing the breath test.
- 5) If the iCO™ is connected properly, it will say “Device Status: Connected” on the breath test screen. Please reach out to the research team if you have any trouble with connecting the iCO™ device.
- 6) The results graph can show you your previous CO readings.

**Questions?** Contact the FreSH study (612) 791-3919; [fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org)

## 1. Download the “iCOquit” app

- a. Tap the App Store  icon on your phone’s home screen
- b. Tap Search  at the bottom of the screen
- c. In the Search bar, type “iCOquit”
- d. You will see a screen that looks like the screen to the right
- e. Tap “Get” to download the iCOquit app



## 2. Open the iCOquit app on your smartphone.

- a. If this is your first time using the app, click “OK” when the app requests permission to use Bluetooth. The app will not work unless you allow Bluetooth. You can choose if you would like the app to send you notifications.
- b. Sign in using the following username:XXXXXX and password:XXXXXX

## 3. Record your carbon monoxide using the iCO™

- a. Click on “breath test” and pass through the hygiene warning (click "continue").
- b. Hold down the power button on the device while it connects to the app. When it’s connected, the device will turn blue.
- c. Tap “New Breath Test” and follow the instructions provided on the screen to inhale and hold your breath for 15 sec. Exhale into the device when the instructions prompt you to do so. When your test result appears on the screen, click "continue."
- d. Answer the questions on the screen and then click "continue" until the "dashboard" screen appears. That's it! You may now close the app.

### Things to Remember

- \*The iCO™ is yours to keep and does not need to be returned to us.
- \* You should take a CO breath test regardless of whether you have been smoking or not.
- \* Your compensation for this study is not dependent on whether you have quit smoking. You will be compensated for providing a CO reading, regardless of what your CO value is and whether you are smoking or not.
- \*You will earn \$50 for completing the CO reading.
- \* If the iCO™ is connected properly, it will say “Device Status: Connected” on the breath test screen. Please reach out to the research team if you have any trouble with connecting the iCO™ device.
- \*The results graph can show you your previous CO readings.

Questions? Call the FreSH study (612) 791-3919





[DATE]

Dear Research Participant:

Thank you for completing the follow-up survey for the Free Samples for Health (FreSH) study!

Enclosed is a personal carbon monoxide (CO) testing monitor called the iCOquit. Please follow the enclosed instructions to download the iCOquit app. Sign in to the app using the username and password on the instructions. Please take the CO test within 24 hours of receiving this package. If you have not taken the test within 24 hours, we will contact you to remind you to do so. Once we receive your CO test result, we will send you your payment of \$50 via your preferred method.

We sincerely appreciate your time and effort to take part in our study. If you have any further questions about the study, please contact us at 612-791-3919 or [fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org).

Sincerely,

Sandra Japuntich, Ph.D.  
FreSH study  
Principal Investigator



**FRESH**

FREE SAMPLES FOR HEALTH

[fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org) | 612-368-9813



# Free Samples for Health (FreSH) Study

## What is the Study About?



This study tests whether providing free Nicotine Replacement Therapy products or electric toothbrushes at your dental visit will help reduce smoking and improve oral health.

## Why Participate?

- You will receive a free electric toothbrush or nicotine patches and lozenges.
- After your dental visit, all study procedures will be done **at home**.
- You may reduce or quit smoking, which may improve your oral health.
- You may help other patients who smoke in the future.
- You will be paid up to \$180 for participating.

## Who Can Participate?

- 18 years old or older
- Smoke at least 1 cigarette per day 25 days/month
- Have access to a smart phone
- Able to commit to study requirements over approximately 6 months
- Dental provider must be part of the National Dental Practice-Based Research Network



You **DO NOT** need to quit smoking to participate!

Interested? Ask your provider about

the **FreSH** Study!

## Why Participate?



You **DO NOT** need to quit smoking to participate!



You will receive a free electric toothbrush or nicotine patches and lozenges.



You may reduce or quit smoking, which may improve your oral health.



You may help other patients who smoke in the future.



You will be paid up to \$180 for participating.



This study is funded by the National Institute for Dental and Craniofacial Research and is conducted by the National Dental Practice-Based Research Network.



## Questions? Contact Us:

FreSH Study  
701 Park Ave  
S9.104  
Minneapolis, MN 55415

 612-791-3919

 [fresh@hhrinstitute.org](mailto:fresh@hhrinstitute.org)



# What is the Study About?

This study tests whether providing free Nicotine Replacement Therapy products or electric toothbrushes at your dental visit will help reduce smoking and improve oral health.

You will receive a free electric toothbrush OR nicotine patches and lozenges.



# What Will You Do?

At your dental visit, you will:

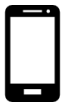
- Complete **before** and **after** surveys.
- Receive either an electric toothbrush or nicotine replacement

You will be asked to complete follow-up surveys at 1, 3, and 6 months via email or text messages.

You may be asked to complete a carbon monoxide breath test.

You may be asked to complete a 1 hour phone interview about your experience.

You **DO NOT** need to quit smoking to participate!



Survey links will be emailed or texted to you to complete.



After your dental visit, all study procedures will be done **at home**.

# Who Can Participate?

- 18 years old or older
- Smoke at least 1 cigarette per day 25 days/month
- Have access to a smart phone
- Able to commit to the study requirements over approximately 6 months
- Your dental provider must be part of the National Dental Practice-Based Research Network

**\$5.00**  
Coupon Inside

Lot  
Exp

**Drug Facts**

**Active ingredient (in each lozenge)** Purpose  
Nicotine polacrilex, 2mg Stop smoking aid

**Use** • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**  
**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**  
• heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.  
• high blood pressure not controlled with medication. Nicotine can increase your blood pressure.  
• stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**  
• using a non-nicotine stop smoking drug  
• taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.


**Stop use and ask a doctor if**  
• mouth problems occur  
• persistent indigestion or severe sore throat occurs  
• irregular heartbeat or palpitations occur  
• you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

**Flip open for Directions and additional information**  
**Retain this package for complete product information**

■ not for sale to those under 18 years of age  
■ proof of age required  
■ not for sale in vending machines or from any source where proof of age cannot be verified

**TAMPER EVIDENT FEATURE:**  
Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.



3 0766-7880-57 1

NDC 0135-0508-04


**\$5.00**  
Coupon Inside

**Nicorette®**  
nicotine polacrilex lozenge, 2mg  
stop smoking aid

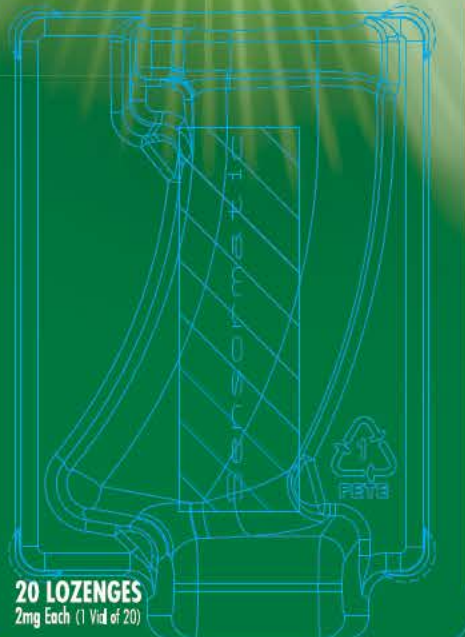
**mini Lozenge**

**2 mg**

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.  
If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4mg Lozenge.



**20 LOZENGES**  
2mg Each (1 Vial of 20)



**Drug Facts (continued)**

**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients** acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?** call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette mini Lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette mini Lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

**Opening Directions:**  
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.

**For more information and for a FREE individualized stop smoking program, please visit [www.Nicorette.com](http://www.Nicorette.com) or see inside for more details.**

MANUFACTURER'S COUPON | EXPIRES 00/00/0000

**SAVE \$5.00**  
On Nicorette Mini Lozenge (81ct)

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). You pay any sales tax. You are not eligible for this offer if reimbursement for the product will be sought from any federal or state healthcare program, including Medicare or Medicaid, or any similar federal or state programs, including any state pharmaceutical assistance program, or under any private insurance, HMO, or other third-party payment arrangement. RETAILER: GSK will reimburse you the face value of this coupon plus 12¢ Handling Fee if submitted in compliance with our Redemption Policy. Copy available upon request. Cash value 1/100 of 1¢. Coupon is void if altered, transferred, exchanged, sold or auctioned, copied or if prohibited by law. Good only in USA and in APAC. Speed coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880556, El Paso, Texas 88588-0658. ©2013 GlaxoSmithKline. Read and follow label directions.

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**\$5.00**  
Coupon Inside

Lot  
Exp

**Drug Facts**

**Active ingredient (in each lozenge)** Purpose  
Nicotine polacrilex, 4mg Stop smoking aid

**Use** • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**  
**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**  
• heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.  
• high blood pressure not controlled with medication. Nicotine can increase your blood pressure.  
• stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**  
• using a non-nicotine stop smoking drug  
• taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.


**Stop use and ask a doctor if**  
• mouth problems occur  
• persistent indigestion or severe sore throat occurs  
• irregular heartbeat or palpitations occur  
• you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

**Flip open for Directions and additional information**  
**Retain this package for complete product information**

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■ proof of age required  
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**TAMPER EVIDENT FEATURE:**  
Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.



3 0766-7880-77 9

NDC 0135-0509-04


**\$5.00**  
Coupon Inside

**Nicorette**  
nicotine polacrilex lozenge, 4mg  
stop smoking aid

**mini Lozenge**

**4 mg**

**FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.**  
If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2mg Lozenge.



**20 LOZENGES**  
4mg Each (1 Vial of 20)

**Drug Facts (continued)**

**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients** acesulfame potassium, calcium polycarboxylate, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?** call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette mini Lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette mini Lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

**Opening Directions:**  
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.

**For more information and for a FREE individualized stop smoking program, please visit [www.Nicorette.com](http://www.Nicorette.com) or see inside for more details.**

MANUFACTURER'S COUPON | EXPIRES 00/00/0000

**SAVE \$5.00**  
On Nicorette Mini Lozenge (81ct)

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). You pay any sales tax. You are not eligible for this offer if reimbursement for the product will be sought from any federal or state healthcare program, including Medicare or Medicaid, or any similar federal or state programs, including any state pharmaceutical assistance program, or under any private insurance, HMO, or other third-party payment arrangement. RETAILER: GSK will reimburse you the face value of this coupon plus 12¢ Handling Fee if submitted in compliance with our Redemption Policy. Copy available upon request. Cash value 1/100 of 1¢. Coupon is void if altered, transferred, exchanged, sold or auctioned, copied or if prohibited by law. Good only in USA and in APAC. Speed coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880556, El Paso, Texas 88588-0658. ©2013 GlaxoSmithKline. Read and follow label directions.

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**Opening Directions:**  
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.



**Drug Facts** (continued)

- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients**

acesulfame potassium, calcium polycarboxyl, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?**

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**NEW DIRECTIONS FOR USE**

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-4508-07

**Nicorette**<sup>®</sup>

nicotine polacrilex  
lozenge, 2mg  
stop smoking aid

*mini*  
**Lozenge**

Mint



**2**  
mg

**FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.**

If you smoke your first cigarette **WITHIN 30 MINUTES** of waking up, use Nicorette 4mg Lozenge

**81 LOZENGES, 2mg Each**  
(3 Vials of 27)

**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette mini lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette mini lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

**TAMPER EVIDENT FEATURE:**  
Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

For more information and for a **FREE individualized stop smoking program, please visit [www.Nicorette.com](http://www.Nicorette.com)** or see inside for more details.



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**Drug Facts**

**Active ingredient (in each lozenge)**

Nicotine polacrilex, 2mg

**Purpose**

Stop smoking aid

**Use** - reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

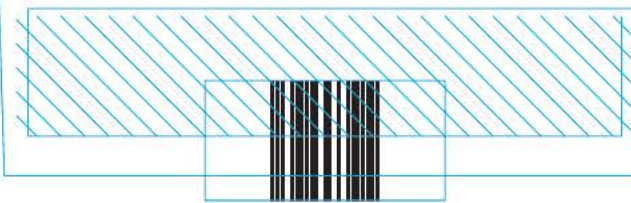
**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

• nicotine lozenge is a medicine and must be used a certain way to get the best results ▶

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**Opening Directions:**  
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.



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**Drug Facts (continued)**

- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours.
- do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients**

acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?**

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**NEW DIRECTIONS FOR USE**

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-7019-07

**Nicorette**<sup>®</sup>

nicotine polacrilex  
lozenge, 4mg  
stop smoking aid

**mini**  
**Lozenge**

Mint



**4**  
**mg**

FOR THOSE WHO  
SMOKE THEIR FIRST  
CIGARETTE WITHIN  
30 MINUTES OF  
WAKING UP.

If you smoke your first  
cigarette **MORE THAN 30**  
**MINUTES** after waking up,  
use Nicorette 2mg Lozenge

**81 LOZENGES, 4mg Each**  
(3 Vials of 27)

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proof of age required

not for sale in vending machines or from any source where proof of age cannot be verified

**TAMPER EVIDENT FEATURE:**

Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

For more information and for a FREE individualized stop smoking program, please visit [www.Nicorette.com](http://www.Nicorette.com) or see inside for more details.



3 0766-7880-50 2

**Drug Facts**

**Active ingredient (in each lozenge)**

Nicotine polacrilex, 4mg

**Purpose**

Stop smoking aid

**Use** - reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

nicotine lozenge is a medicine and must be used a certain way to get the best results



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**Opening Directions:**  
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.

**Drug Facts (continued)**

- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients**

acesulfame potassium, calcium polycarboxylate, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?**

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**BONUS PACK**  
**27 EXTRA PIECES**

NDC 0135-43503-06

# Nicorette®

nicotine polacrilex  
lozenge, 2mg  
stop smoking aid

**mini**  
**Lozenge**

Mint



**2**  
**mg**

**FOR THOSE WHO  
SMOKE THEIR FIRST  
CIGARETTE MORE  
THAN 30 MINUTES  
AFTER WAKING UP.**

If you smoke your first cigarette **WITHIN 30 MINUTES** of waking up, use Nicorette 4mg Lozenge

**108 LOZENGES, 2mg Each**  
(4 Vials of 27)

**TO INCREASE YOUR SUCCESS IN QUITTING:**

- You must be motivated to quit.
- Use Enough** - Use at least 9 Nicorette mini lozenges per day during the first six weeks.
- Use Long Enough** - Use Nicorette mini lozenges for the full 12 weeks.
- Use With a Support Program** as directed in the enclosed User's Guide.

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

**TAMPER EVIDENT FEATURE:**

Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

For more information and for a **FREE** individualized stop smoking program, please visit [www.Nicorette.com](http://www.Nicorette.com) or see inside for more details.



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**Drug Facts****Active ingredient (in each lozenge)**

Nicotine polacrilex, 2mg ..... Stop smoking aid

**Purpose**

**Use** - reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results ▶



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**Opening Directions:**  
Push in child resistant tab on the vial with thumb.  
Flip up the top of vial. Turn upside down and  
shake to remove lozenge.

**Drug Facts (continued)**

- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

**Other information**

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients**

acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?**

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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**BONUS PACK**  
**27 EXTRA PIECES**

NDC 0000-3030-30

# Nicorette®

nicotine polacrilex  
lozenge, 4mg  
stop smoking aid

*mini*  
**Lozenge**

Mint



**4**  
**mg**

**FOR THOSE WHO  
SMOKE THEIR FIRST  
CIGARETTE WITHIN  
30 MINUTES OF  
WAKING UP.**

If you smoke your first  
cigarette **MORE THAN 30  
MINUTES** after waking up,  
use Nicorette 2mg Lozenge

**108 LOZENGES, 4mg Each**  
(4 Vials of 27)

**TO INCREASE YOUR SUCCESS IN QUITTING:**

- You must be motivated to quit.
- Use Enough** - Use at least 9 Nicorette mini lozenges per day during the first six weeks.
- Use Long Enough** - Use Nicorette mini lozenges for the full 12 weeks.
- Use With a Support Program** as directed in the enclosed User's Guide.

■ not for sale to  
those under 18  
years of age

■ proof of age  
required

■ not for sale in  
vending machines  
or from any source  
where proof of age  
cannot be verified

**TAMPER EVIDENT  
FEATURE:**

Do not use if clear  
neckband printed  
"SEALED FOR SAFETY"  
is missing or broken.  
Retain outer carton for  
full product uses,  
directions and warnings.

For more information and for a **FREE**  
individualized stop smoking program, please visit  
[www.Nicorette.com](http://www.Nicorette.com) or see inside for more details.



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**Drug Facts****Active ingredient (in each lozenge)**

Nicotine polacrilex, 4mg ..... Stop smoking aid

**Purpose**

**Use** - reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

**Warnings**

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have**

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 6 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results



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# Nicorette<sup>®</sup>

nicotine polacrilex lozenge, 2mg  
stop smoking aid

*mini*  
Lozenge

## NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

**135 LOZENGES** 2mg Each (5 Vials of 27)



**Mint**

Includes User's Guide

**2**  
mg

**FOR THOSE WHO SMOKE  
THEIR FIRST CIGARETTE  
MORE THAN 30 MINUTES  
AFTER WAKING UP.**

If you smoke your first cigarette  
**WITHIN 30 MINUTES** of waking up, use  
Nicorette 4mg Lozenge

**135 LOZENGES**  
2mg Each (5 Vials of 27)

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# Nicorette®

nicotine polacrilex lozenge, 4mg  
stop smoking aid

*mini*  
Lozenge

## NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

**135 LOZENGES** 4mg Each (5 Vials of 27)



**Mint**

Includes User's Guide

**4**  
mg

**FOR THOSE WHO SMOKE  
THEIR FIRST CIGARETTE  
WITHIN 30 MINUTES OF  
WAKING UP.**

If you smoke your first cigarette  
**MORE THAN 30 MINUTES** after  
waking up, use Nicorette 2mg Lozenge

**135 LOZENGES**  
4mg Each (5 Vials of 27)

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# Nicorette®

nicotine polacrilex lozenge, 2mg  
stop smoking aid

**mini**  
Lozenge

### Opening Directions:

Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.



## Personalized Quit Plan



Visit [www.nicorette.com](http://www.nicorette.com) to enroll in a free, personalized quit plan. **Nicorette Committed Quitters®** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Committed Quitters®**. Only available at [www.nicorette.com](http://www.nicorette.com)

### Drug Facts

**Active ingredient (in each lozenge)**  
Nicotine polacrilex, 2mg ..... Stop smoking aid

### Purpose

**Use** • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

### Warnings

**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

### Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

### Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

### Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

### Directions

- **if you are under 18 years of age, ask a doctor before use**
- before using this product, read the enclosed User's Guide for complete directions and other important information

### Drug Facts (continued)

- begin using the lozenge on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge**
- **if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge according to the following 12 week schedule:**

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- **nicotine lozenge is a medicine and must be used a certain way to get the best results**
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow lozenge.**
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- **do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.**
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

### Other information

- each lozenge contains: sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients** acesulfame potassium, calcium polycarboxylate, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?** call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

### TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette mini lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette mini lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

**TAMPER EVIDENT FEATURE:** Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer back panel for full product uses, directions and warnings.

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- not for sale in vending machines or from any source where proof of age cannot be verified

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# Nicorette®

nicotine polacrilex lozenge, 4mg  
stop smoking aid

**mini**  
Lozenge

### Opening Directions:

Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.



## Personalized Quit Plan



Visit [www.nicorette.com](http://www.nicorette.com) to enroll in a free, personalized quit plan. **Nicorette Committed Quitters®** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Committed Quitters®**. Only available at [www.nicorette.com](http://www.nicorette.com)

### Drug Facts

**Active ingredient (in each lozenge)**  
Nicotine polacrilex, 4mg ..... Stop smoking aid

### Purpose

**Use** • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

### Warnings

**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

### Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes

### Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

### Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

### Directions

- if you are under 18 years of age, ask a doctor before use**
- before using this product, read the enclosed User's Guide for complete directions and other important information

### Drug Facts (continued)

- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine lozenge**
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine lozenge according to the following 12 week schedule:**

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results**
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow lozenge.**
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.**
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

### Other information

- each lozenge contains:** sodium, 5mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

**Inactive ingredients** acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

**Questions or comments?** call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

### TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough** - Use at least 9 Nicorette mini lozenges per day during the first six weeks.
- Use Long Enough** - Use Nicorette mini lozenges for the full 12 weeks.
- Use With a Support Program** as directed in the enclosed User's Guide.

**TAMPER EVIDENT FEATURE:** Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer back panel for full product uses, directions and warnings.

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# Nicorette<sup>®</sup>

nicotine polacrilex lozenge  
2mg and 4mg User's Guide

*mini* Lozenge

**How to Use Nicorette<sup>®</sup>  
Mini Lozenges and Tips to  
Help You Quit Smoking.**

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Reference ID: 3397175



## PLANNING YOUR SUCCESS

- 1) The key to accomplishing anything important is commitment. When it comes to quitting smoking, that is especially true. **Nicorette mini** Lozenges can help if you really want to quit. **Nicorette mini** Lozenges help reduce withdrawal symptoms including nicotine craving associated with quitting smoking.
- 2) Your chances of staying off cigarettes are much better if you start with at least 9 **Nicorette mini** Lozenges daily. For best results, use the lozenges on a regular schedule (as outlined in this User's Guide).
- 3) Start using **Nicorette mini** Lozenges on your quit date.
- 4) This User's Guide outlines a 12-week plan for **Nicorette mini**

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Lozenges. Even though you may feel confident about your non-smoking status after a few weeks, it's important to stick with the plan to help you remain smoke free. Even a single cigarette can put you right back to square one.

- 5) **Nicorette mini** Lozenges work best when used together with a support plan. See insert between pages 11 and 15 for instructions on enrollment in the Committed Quitters® Individualized Stop Smoking Program.
- 6) After the first six weeks, start using fewer **Nicorette mini** Lozenges, as directed in the instructions, gradually reducing your use over the next six weeks. If you feel the need

Reference ID: 3397175

to use the lozenges for a longer period to keep from smoking, talk to your health care provider.

- 7) If you have questions about using **Nicorette mini** Lozenges, call toll free 1-888-569-1743 (English/Spanish) weekdays (9:00am - 4:30pm ET), or talk to your pharmacist or family doctor.

### **YES! YOU WANT TO QUIT.**

Wonderful. You've made the most important decision of all, to stop smoking. And by choosing **Nicorette mini** Lozenges to help you, you're starting on the right path. Now remember, using **Nicorette mini** Lozenge doesn't just mean taking a **Nicorette mini** Lozenge. It means setting and following a program like the one we suggest in this User's Guide.

Your own success depends on your effort, your level of addiction to tobacco, and your commitment to following your program.

### **LET'S FACE IT.**

Quitting smoking isn't easy! You or someone you know may have tried unsuccessfully. That's okay. It's hard to stop smoking the first time you try. The important part is to learn from your previous attempts, consider what went wrong and keep trying to quit until you succeed. Look to this User's Guide for support as you undergo this terrific task. The guide includes important information on how to use **Nicorette mini** Lozenges and also gives you tips to help you stop smoking. Refer back to it often for advice, answers, and encouragement to help you stay on track.

## **GET MOTIVATED. STAY MOTIVATED.**

Everyone has a reason for quitting—whether you're concerned about your health, your appearance, family or peer pressure, or the effect of secondhand smoke on your loved ones—all of the above, or something else entirely. Whatever your reasons, write them down. There's a wallet card inside the back cover of this User's Guide. Write your reasons on the card and carry it with you. When you have an urge to smoke or experience a difficult moment it can help you focus on your reasons for quitting. Lots of people quit with a co-worker, spouse or friend and use them as a quitting buddy. You can help each other out by providing extra encouragement in tough moments.

There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll free phone numbers are printed on the wallet card on the back cover of this User's Guide.

## **UNDERSTANDING THE DOUBLE-EDGED SWORD.**

Smoking has two addictive components, a physical and a mental need for the nicotine in tobacco. You need to conquer both to succeed. **Nicorette mini** Lozenges can ease your physical nicotine addiction. But your readiness and resolve are necessary to help overcome the mental side of your cigarette dependence. So once you're ready, it's time to begin. But first, read and con-

sider the following important warnings.

### **IMPORTANT WARNINGS**

This product is only for those who want to stop smoking.

**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

#### **Ask a doctor before use if you have**

- heart disease, recent heart attack or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can

- increase your blood pressure.
- stomach ulcers or diabetes.

#### **Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

#### **Stop use and ask a doctor if**

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

**Keep out of reach of children and pets.** Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

#### **YOU'RE READY TO START.**

Okay, you're ready. To become a non-smoker, start today. Now before you do anything else, you have a bit of planning to do. Read this User's Guide all the way through. You want to make sure you bought the right dose to start. If you typically smoke **your first cigarette within 30 minutes of waking up**, use the 4mg **Nicorette mini** Lozenges. If you smoke **your first cigarette more than 30 minutes after waking up**, use the 2mg **Nicorette mini** Lozenges.

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Next, plan your quitting schedule. Get a calendar to follow your progress and mark the following four important dates (see the reminders on page 26 of this booklet).

#### **THE PROGRAM**

**STEP 1. (Weeks 1-6) Starting on your quit date it's best to use at least 9 Nicorette mini Lozenges each day, one every 1-2 hours.**

First choose the day you plan to quit (make it soon). Place the Step 1 reminder on this date. That's the day you will start using **Nicorette mini** Lozenges to calm your cravings for nicotine and help you stay smoke free. Prior to the quit date, get rid of all your cigarettes to remove temptations and make it more difficult to start smoking again.

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Use a **Nicorette mini** Lozenge every 1 to 2 hours and at least 9 lozenges each day for the first 6 weeks to help prevent unexpected cravings and improve your chances of quitting. **These aren't ordinary lozenges.** Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation.

Occasionally move the lozenge from one side of your mouth to the other until completely dissolved. **Remember to read the instructions on page 10 before you take your first Nicorette mini Lozenge.**

**STEP 2. (The next three weeks, that is weeks 7-9). At the beginning of week 7 start using fewer Nicorette mini**

**Lozenges, one every 2-4 hours.** After six weeks, you should wait a little longer between lozenges, one lozenge every two to four hours. This will help you gradually use fewer **Nicorette mini** Lozenges. Put the Step 2 reminder on the first day of week 7 to help remind you when to start reducing the number of **Nicorette mini** Lozenges you take.

**STEP 3. (The last three weeks, that is weeks 10-12). At the beginning of week 10, reduce Nicorette mini Lozenge use even further, one every 4-8 hours.** At the beginning of week 10 further decrease the number of **Nicorette mini** Lozenges you use each day to reduce the amount of nicotine you get. You should do this by using one lozenge every 4 to 8 hours. Put the

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Step 3 reminder on the first day of week 10 so you know when you should be starting this last step to becoming smoke and nicotine-free.

**END. At the end of week 12 you'll complete Nicorette mini Lozenge therapy.**

Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using **Nicorette mini** Lozenges.

**BE PREPARED.**

Since smoking is an addiction, it is hard to quit. Even after you stop, there will be times when you WANT a cigarette, sometimes strongly. (See also section on "Challenges To Watch For"). The best defense is to be prepared.

Plan now for handling tough times so you don't give in. For example: think about situations when you usually get a craving for cigarettes or where you think you might experience strong cravings. Try to avoid these situations where you can (for example, avoid spending time with smokers, or drinking alcohol, if those things tempt you to smoke).

Change your habits. For example, take your coffee break somewhere else. Take a walk. In other words, break the association between your usual habits and cigarettes.

If you do encounter a situation where you feel a strong craving, fight it! Take a break from the situation; keep yourself busy or distracted with other activities.

Remind yourself why you want to quit, and above all, remind yourself that having “just one” really will hurt your goal of quitting!

To prepare for tough situations, assemble a “survival package”—items that can keep you distracted in case you get a craving. For example, you may include cinnamon gum or hard candy, relaxing music, and things to keep your hands busy like a smooth stone, paper clips, or a rubber ball.

Track your progress as you quit. Keep a journal. Write down how many pieces of **Nicorette mini** Lozenges you use each day. Note if and when you get a craving. If you slip and have a cigarette, don't give up. Stop smoking again and get back on your program with **Nicorette mini** Lozenges.

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Establish your support network. Keep friends' and family members' phone numbers ready to get the moral support you need. Before quitting, ask friends and family to support and encourage you. Think of specific ways they can help.

Reward yourself. Set aside little gifts to yourself such as a CD or video, which you can earn by overcoming difficult hurdles.

#### **HOW Nicorette mini LOZENGES WORK.**

**Nicorette mini** Lozenges are a form of Nicotine Replacement Therapy. They deliver nicotine to your body, temporarily relieving craving and nicotine withdrawal symptoms when you quit smoking. But unlike cigarettes, **Nicorette mini** Lozenges deliver a

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lower, steady level of nicotine to your blood. When used as directed, **Nicorette mini** Lozenges help you regulate, control, and gradually reduce your body's craving for nicotine.

The good news is that **Nicorette mini** Lozenges contain no tar or carbon monoxide, and therefore don't present the same medical risks as cigarettes.

However, the lozenges still deliver nicotine, the addictive ingredient in cigarettes. And for some people the nicotine in **Nicorette mini** Lozenges can occasionally cause mouth or throat irritation, headaches, nausea, hiccups, upset stomach or dizziness.

#### **USING Nicorette mini LOZENGES PROPERLY.**

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Remember, **Nicorette mini Lozenges aren't like ordinary lozenges such as cough drops.** This lozenge is designed to deliver nicotine into your system through the lining of your mouth, not in your stomach like most other medicines. It is important to minimize swallowing the dissolved medicine in these lozenges so that it can be properly absorbed in your mouth.

Do not use more than one lozenge at a time, or many lozenges one after another since this can cause hiccups, heartburn, nausea or other side effects.

Read all the following instructions before using **Nicorette mini** Lozenges. Refer to them often to make sure you're using **Nicorette mini** Lozenges correctly.

**IMPORTANT: Don't worry or give up**

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**if you do not like the taste of the lozenge at first. Nicorette mini Lozenges are a medication, not a candy. Most people get used to the taste after a day or two. Remember, staying with the plan will help you quit. Begin using Nicorette mini Lozenges on your quit date.**

- 1) Remove the **Nicorette mini** Lozenge from the immediate container. Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation.
- 2) Occasionally move the lozenge from one side of your mouth to the other side until completely dissolved.

To reduce cravings or urges to smoke and other withdrawal symptoms, use **Nicorette mini** Lozenges according to the following dosage schedule.

Weeks 1 through 6	Weeks 7 through 9	Weeks 10 through 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

**Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.** At the end of 12 weeks (3months) you will have completed treatment.

**FOR THE BEST CHANCE OF QUITTING,** use **Nicorette mini** Lozenges on a regular schedule, using at least 9 lozenges a day during the



What is



- A **FREE**, custom-tailored plan to help you break the psychological addiction to smoking.
- Throughout your quit attempt, you will receive personalized advice on how to cope with situations that make you want to smoke.



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**TO JOIN**



**Enroll online  
at**

**[www.committedquitters.com](http://www.committedquitters.com)**

**or call 1-800-770-0708**

**and ask for your **FREE** Individualized Stop Smoking Program**

- You will be asked a few questions to gain an understanding about you and your specific needs.

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brought to you by

# Nicorette®

nicotine polacrilex lozenge

## *mini* Lozenge

and GlaxoSmithKline

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**Call Between 7 am and 12 midnight EST or enroll online 24 hours a day**

(ONE PLAN PER CUSTOMER) Read and follow label directions

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first 6 weeks. That will help your body better adjust to the lack of cigarettes and better help prevent cravings. Some people may need more lozenges to reduce their cravings. Do not exceed the recommended maximum daily dosage of 20 lozenges per day. Do not continuously use one lozenge after another, since this may cause you hiccups, heartburn, nausea or other side effects.

Do not eat or drink 15 minutes before using or while the lozenge is in your mouth.

#### **CUTTING BACK ON YOUR Nicorette mini LOZENGE USAGE.**

The whole reason for using Nicorette mini Lozenges is to decrease and slowly eliminate your need for nicotine, while you control cravings. So, as the

above schedule indicates, you should gradually reduce the amount of Nicorette mini Lozenges you take per day. Some people find it easier to reduce by substituting ordinary sweets or sugar free candy for some of the Nicorette mini Lozenges they would normally use. As time goes on, you can increase the number of pieces of candy as you further reduce your use of Nicorette mini Lozenges. **It is important to complete treatment.** If you still feel the need to use Nicorette mini Lozenges to keep from smoking after week 12, talk with your health care provider.

#### **MAKE QUITTING EASIER ON YOURSELF.**

Soon after your quit date, parties, bars, celebrations, and socializing may all tempt you to smoke. Please remember

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these tips to help you resist those urges and stay smoke-free.

### **The Day You Quit Smoking:**

- Look to your family and friends for support. Let them know what to do or avoid doing to help you quit.
  - Throw away ALL cigarettes, ashtrays, matches, lighters. You don't need them. You don't want them and you want to make it difficult to go back.
  - Keep yourself occupied. Take a walk. See a movie. See friends. Do anything to keep your mind off cigarettes.
  - Calculate all the money you'll save by not buying cigarettes. Probably well over \$1,000 a year! \$1,000 a year? Think of what you can spend it on!
- Know what situations are going to make you want to smoke. Plan now how you'll avoid them or deal with them so you don't smoke.
  - Keep **Nicorette mini** Lozenges next to your bed so you're prepared when you get up. A lot of people get cravings first thing in the morning.
  - Make an appointment to see your dentist and get the tobacco stains cleaned off. While you're getting rid of the evidence of cigarettes in the house, do the same for your teeth. Have clothes or drapes that smell of smoking cleaned.
  - Now that your house is smoke-free, try to spend most of your time in smoke-free environments.

- If you usually smoked with coffee or alcohol, try to keep away from them for now. Remember you are also trying to break a habit.
- Smoking is a “hands-on” habit. So use something else to occupy your hands: a rubber band or a pen.
- Now’s a good time to get active. Find activities to take your mind off cigarettes and relax. Take up jogging, swimming, or walking.
- Don’t stress out about gaining weight. Dieting now may weaken your efforts to quit smoking. Eat sensibly and exercise daily; drink large quantities of water and fruit juices; this can help your chances of staying smoke-free.

- Laugh. Watch a sitcom. Read a comic book. It really helps.

REMEMBER: Urges to smoke are temporary. They’ll pass, even if you don’t smoke.

#### **WHAT YOU CAN EXPECT.**

As you are successful at staying smoke-free, initially you will probably notice a few of the following typical withdrawal symptoms, so don’t be surprised. Use of **Nicorette mini** Lozenges reduces these symptoms, but may not eliminate them entirely. They will go away with time. Stay focused on your goal of becoming an ex-smoker. Research shows that if you manage to avoid all smoking in the first week (that means not having a single puff), your chances of success increase dramatically.



**The First Few Days.** You may feel nervous or irritable or have difficulty concentrating during the first few days after you quit smoking. Your body needs time to regain balance. Initially, you might feel a little out of sorts, get headaches, feel light-headed, or have trouble sleeping. Your smoker's cough may get worse before it improves. But fear not, it's a positive sign. Coughing helps clean your lungs of the tar residue you got from smoking.

**After a Couple of Weeks.** Your confidence and ability to cope with urges to smoke should be getting stronger. But don't be over-confident and think you can smoke just one cigarette. Even now, having even a single puff can lead to a return to smoking cigarettes regularly. Be prepared, and remember why you wanted to stop smoking.

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Have you noticed that your sense of taste and smell has improved? You are probably coughing less and finding it easier to breathe. You've also probably noticed your withdrawal symptoms are subsiding (though don't worry if they're still there: they last longer for some people). These are all positive signs that your body is getting used to your success at stopping smoking.

**By The End of The First Month.** You are less likely to have cravings for cigarettes as often. However sudden cravings may still happen, and when they do, be on your guard, as they can be strong and seem to come out of the blue. Be prepared for these challenging times. The key is do what you can so these unexpected cravings can't beat you. Keep focused on the ways non-smokers are more attractive than

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smokers. Their breath smells better. Their clothes and hair are fresher. Their teeth are cleaner and brighter. Their skin is less likely to wrinkle. Not smoking around children and your friends is also healthier for them too.

### **What If You Do Slip And Smoke?**

“What if I relapse?” One cigarette is a slip-up, but it’s not the end of the quit effort. Everybody slips at something. The key is this: forgive yourself and stop at that one cigarette. Don’t let this slip ruin your good intentions, keep at your quit attempt. So, throw out your cigarettes and continue with your quit attempt, keeping in mind what went wrong and led to the slip.

If you do go back to smoking, certainly don’t throw out your **Nicorette mini**

Lozenges. Keep them for the next time you’re ready to quit. In fact research says that even if you are back to smoking regularly the best thing you can do is learn and try again.

Try to understand the reason you had those cigarettes that made you slip. That’s important, because now you can plan better to deal with these moments next time. It’s true you stumbled, but don’t think of yourself as having failed. Encourage yourself by treating the last attempt as a learning experience, even a “trial run” for the real thing.

Take a look at the usage instructions and check that you used the **Nicorette mini** Lozenges correctly and for the full 12 weeks of the program. When you try again make sure you use enough and the right way. That way you’ll be best equipped to

deal with the unexpected cravings.

Don't forget; quitting isn't easy and it takes practice to do anything. Stopping smoking is no different.

### **YOU'VE MADE IT.**

Once your twelve week quitting program is over, you've taken your last **Nicorette mini** Lozenge. Now you are both cigarette and nicotine-free. Get up and give yourself a standing ovation. We mean it. Do you realize that you have just done a really difficult thing?

Now's a good time to think back on the process. Think of all your reasons for quitting smoking. Think of your goals. Think of how they're going to be a reality now.

Think of what you're going to do with  
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your newly liberated cigarette money. The places you can now go smoke-free. Think of the extra time you may have added to your life and what you can do with it. And although you may still experience the occasional temptation, and cigarettes still want you back, think positively. Think forward. And consider yourself a proud non-smoker.

### **FREQUENTLY ASKED QUESTIONS.**

**1. When I stop smoking and start using Nicorette mini Lozenges how will I feel?** **Nicorette mini** Lozenges help reduce cravings, but be prepared for some nicotine withdrawal symptoms. After you stop smoking they can begin almost at once and are normally at their strongest during the first three or four days. For some people, any of the following may occur:

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- unexpected craving or urges for cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- drowsiness
- trouble concentrating
- increased appetite and weight gain
- headaches, muscular pain, constipation, fatigue

**Nicorette mini** Lozenges are designed to reduce the craving for nicotine you used to satisfy with cigarettes.

**Nicorette mini** Lozenges can also help provide relief from other withdrawal symptoms such as irritability and nervousness.

**2. Are Nicorette mini Lozenges just swapping one type of nicotine addiction for another?**

**Nicorette mini** Lozenges do contain nicotine, however there is probably less nicotine in your daily dose of lozenges than in your cigarettes.

**Nicorette mini** Lozenges give you enough nicotine to help you combat the physical withdrawal symptoms so you can cope with the mental side of stopping smoking. Also, since the nicotine from the lozenges goes into your blood stream more slowly, it produces less of the effects of nicotine that people find rewarding. In fact, when used as directed in the 12 week program, **Nicorette mini** Lozenges gradually wean you off your dependence for both nicotine and cigarettes.

**3. Can Nicorette mini Lozenges do any harm?**

Some people with conditions like heart disease or people taking prescription medicine for asthma or depression should not use this product without talking to their doctor—check the IMPORTANT WARNINGS on page 5. You may also experience side effects such as hiccups, mouth or throat irritation, heartburn or other stomach problems such as nausea especially if **Nicorette mini** Lozenges are chewed or swallowed. In any case, **Nicorette mini** Lozenges do not contain the tar, carbon monoxide, and other toxins present in cigarette smoke.

#### **4. Will I put on weight?**

In the first couple of months after quitting smoking, some people do put on a few pounds. But think of it this way. Overall, you'll be healthier and

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look better. You can always tackle your weight by changing your diet and increasing the amount you exercise once you have gotten through the difficult part of stopping smoking.

#### **5. Does taking Nicorette mini Lozenges cost more than smoking?**

If you normally smoke a pack and a half a day, your total cost of using **Nicorette mini** Lozenges during the 12-week period is about the same as smoking. But guess what? After you've finished the **Nicorette mini** Lozenge program all that money you used to spend on cigarettes is now savings. And think of the health issues you'll hopefully be able to avoid.

#### **6. What if I have a cigarette and start smoking?**

Don't panic. First, don't think badly of

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yourself. Throw away your cigarettes and forgive yourself. Then think about what went wrong and get back on track. In fact people who have already tried to stop smoking are more likely to be successful the next time.

### **CHALLENGES TO WATCH FOR.**

Once you quit smoking, you are likely to experience periodic, and sometimes intense, temptations to smoke. Certain situations present special challenges.

Some common ones include:

#### *Stress and upset.*

When you are feeling stressed or upset, you may think a cigarette will make everything better. It won't. Find other ways to relax and unwind.

#### *The blues.*

You may be especially vulnerable when you feel bored or blue.

Remember that having a cigarette will just make you feel worse.

#### *Smoking cues.*

Seeing cigarettes or watching other people smoke can trigger temptation. Remember that you choose not to smoke anymore.

#### *Alcohol.*

Drinking and smoking seem to go together, and alcoholic beverages may weaken your resolve, making drinking dangerous to your quit effort. Avoid drinking early in your quit effort, and try to drink with non-smokers.

#### *Automatic slips.*

Sometimes you may find yourself preparing to smoke without even realizing it. Watch out for those moments when your hand seems to 'automatically' reach for a cigarette.

Watch out for these situations: they can trigger a relapse. You probably know which one(s) are most dangerous for you; plan ahead to deal with the situation effectively. Always remember that you're trying to break a habit, and the most important thing is to do something to combat the urge in these situations.

### **COPING AFTER QUITTING.**

The key to staying smoke-free is to prepare for and cope with challenges as they occur. If you find yourself tempted to smoke, do something! Here are some things to consider.

- Escape. Leave the situation, even for a few minutes. Most temptations don't last long.
- Distract yourself. Get your mind off smoking. Think of something else or

get busy with something.

- Relax. Don't let stress get to you. Think of pleasant, relaxing things; breathe slowly and regularly. Let the stress drain out of you.
- Talk yourself out of it. What you say to yourself matters. So, remind yourself how important it is for you to quit; remind yourself you can't have just one; or just command yourself to STOP.

**For more information please visit  
[www.nicorette.com](http://www.nicorette.com)**

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**PLACE THESE REMINDERS ON  
YOUR CALENDAR:**



## WALLET CARD

**My most important reasons to  
quit smoking are:**

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**WALLET CARD**



**WHERE TO CALL FOR HELP:**

**American Lung Association  
1-800-586-4872**

**American Cancer Society  
1-800-227-2345**

**American Heart Association  
1-800-242-8721**

**Quitting Buddy or Friend who has Quit**

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**This is a representation of an electronic record that was signed electronically and this page is the manifestation of the electronic signature.**  
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/s/  
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JOEL SCHIFFENBAUER  
10/28/2013

<p><b>Drug Facts</b></p> <p><b>Active ingredient (in each patch)</b>      <b>Purpose</b>                  Nicotine, 21 mg delivered over 24 hours.....Stop smoking aid</p> <p><b>Use</b> reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking</p> <p><b>Warnings</b>  <b>If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.</b> Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.</p> <p><b>Do not use</b></p> <ul style="list-style-type: none"> <li>• if you continue to smoke, chew tobacco, use snuff, or use a nicotine gum or other nicotine containing products</li> </ul> <p><b>Ask a doctor before use if you have</b></p> <ul style="list-style-type: none"> <li>• heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.</li> <li>• high blood pressure not controlled with medication. Nicotine can increase your blood pressure.</li> <li>• an allergy to adhesive tape or have skin problems because you are more likely to get rashes</li> </ul> <p><b>Ask a doctor or pharmacist before use if you are</b></p> <ul style="list-style-type: none"> <li>• using a non-nicotine stop smoking drug</li> <li>• taking a prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.</li> </ul> <p><b>When using this product</b></p> <ul style="list-style-type: none"> <li>• do not smoke even when not wearing the patch. The nicotine in your skin will still be entering your blood stream for several hours after you take off the patch.</li> <li>• if you have vivid dreams or other sleep disturbances remove this patch at bedtime</li> </ul> <p><b>Stop use and ask a doctor if</b></p> <ul style="list-style-type: none"> <li>• skin redness caused by the patch does not go away after four days, or if your skin swells, or you get a rash</li> <li>• irregular heartbeat or palpitations occur</li> <li>• you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, weakness and rapid heartbeat</li> </ul> <p><b>Keep out of reach of children and pets.</b> Used patches have enough nicotine to poison children and pets. If swallowed, get medical help or contact a Poison Control Center right away. Dispose of the used patches by folding sticky ends together. Replace in pouch and discard. ►</p>	<p><b>Drug Facts (continued)</b></p> <p><b>Directions</b></p> <ul style="list-style-type: none"> <li>• <b>if you are under 18 years of age, ask a doctor before use</b></li> <li>• before using this product, read the enclosed user's guide for complete directions and other information</li> <li>• stop smoking completely when you begin using the patch</li> <li>• <b>if you smoke more than 10 cigarettes per day, use according to the following 10 week schedule:</b></li> </ul> <table border="1" data-bbox="824 453 1243 541"> <tr> <td><b>STEP 1</b></td> <td><b>STEP 2</b></td> <td><b>STEP 3</b></td> </tr> <tr> <td>Use one 21 MG patch/day</td> <td>Use one 14 mg patch/day</td> <td>Use one 7 mg patch/day</td> </tr> <tr> <td>Weeks 1-6</td> <td>Weeks 7-8</td> <td>Weeks 9-10</td> </tr> </table> <ul style="list-style-type: none"> <li>• if you smoke <b>10 or less cigarettes per day</b>, do not use <b>STEP 1 (21 mg)</b>. Start with <b>STEP 2 (14 mg)</b> for 6 weeks, then <b>STEP 3 (7 mg)</b> for 2 weeks and then stop.</li> <li>• steps 2 and 3 allow you to gradually reduce your level of nicotine. Completing the full program will increase your chances of quitting successfully.</li> <li>• apply one new patch every 24 hours on skin that is dry, clean and hairless. Save pouch for disposing of the patch after use</li> <li>• remove backing from patch and immediately press onto skin. Hold for 10 seconds.</li> <li>• wash hands after applying or removing patch. Throw away the patch by folding sticky ends together. Replace in its pouch and discard. See enclosed user's guide for safety and handling.</li> <li>• you may wear the patch for 16 or 24 hours</li> <li>• if you crave cigarettes when you wake up, wear the patch for 24 hours</li> <li>• if you have vivid dreams or other sleep disturbances, you may remove the patch at bedtime and apply a new one in the morning</li> <li>• the used patch should be removed and a new one applied to a different skin site at the same time each day</li> <li>• do not wear more than one patch at a time</li> <li>• do not cut patch in half or into smaller pieces</li> <li>• do not leave patch on for more than 24 hours because it may irritate your skin and loses strength after 24 hours</li> <li>• stop using the patch at the end of 10 weeks. If you started with <b>STEP 2</b>, stop using the patch at the end of 8 weeks. If you still feel the need to use the patch talk to your doctor.</li> </ul> <p><b>Other information</b> store at 20-25°C(68-77°F)</p> <p><b>Inactive ingredients</b> ethylene vinyl acetate-copolymer, polyisobutylene and high density polyethylene between clear polyester backings</p> <p><b>Questions or comments?</b> call toll-free (English/Spanish) 1-800-834-5895 weekdays (10:00 a.m. - 4:30 p.m. EST)</p>	<b>STEP 1</b>	<b>STEP 2</b>	<b>STEP 3</b>	Use one 21 MG patch/day	Use one 14 mg patch/day	Use one 7 mg patch/day	Weeks 1-6	Weeks 7-8	Weeks 9-10
<b>STEP 1</b>	<b>STEP 2</b>	<b>STEP 3</b>								
Use one 21 MG patch/day	Use one 14 mg patch/day	Use one 7 mg patch/day								
Weeks 1-6	Weeks 7-8	Weeks 9-10								

WALLET CARD



**WHERE TO CALL FOR HELP:**

American Lung Association 800-586-4872	American Cancer Society 800-227-2345	American Heart Association 800-242-8721
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For People who smoke more than 10 cigarettes per day:

<b>STEP 1</b>	<b>STEP 2</b>	<b>STEP 3</b>
Use one 21 mg patch/day	Use one 14 mg patch/day	Use one 7 mg patch/day
Weeks 1-6	Weeks 7-8	Weeks 9-10

People who smoke 10 or less cigarettes per day: Do not use STEP 1 (21 mg). Use STEP 2 (14 mg) for six weeks and STEP 3 (7 mg) for two weeks and then stop.

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**NICODERM CQ USER'S GUIDE**



# NICODERM

NICOTINE TRANSDERMAL SYSTEM

## STOP SMOKING AID




HOW TO USE NICODERM CQ or CLEAR NICODERM CQ TO HELP YOU QUIT SMOKING


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PLACE THESE STICKERS ON YOUR CALENDAR:


AT THE BEGINNING OF WEEK #1 (QUIT DATE)




AT THE BEGINNING OF WEEK #7



AT THE BEGINNING OF WEEK #9



WHEN YOU HAVE COMPLETED YOUR QUITTING PROGRAM



For people who smoke 10 or less cigarettes per day: Do not use STEP 1 (21 mg). Use STEP 2 (14 mg) at the beginning of week #1 and STEP 3 (7 mg) at the beginning of week #7.

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- Not for sale to those under 18 years of age.
- Proof of age required.
- Not for sale in vending machines or from any source where proof of age cannot be verified.

WALLET CARD

My most important reasons to quit smoking are:

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### KEYS TO SUCCESS

- 1) You must really want to quit smoking for **NicoDerm CQ** to help you.
- 2) Complete the full treatment program, applying a new patch every day.
- 3) **NicoDerm CQ** works best when used together with a support program. See page 3 for details. To request a free audio CD containing tips to make quitting easier, call the toll free number listed below.
- 4) If you have trouble using **NicoDerm CQ**, ask your doctor or pharmacist or call GlaxoSmithKline (English/Spanish) at 1-800-834-5895 weekdays (9:00 a.m. - 4:30 p.m. ET).

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**SO, YOU'VE DECIDED TO QUIT.**

Congratulations. Your decision to stop smoking is one of the most important things you can do to improve your health. Quitting smoking is a two-part process that involves:

- 1) overcoming your physical need for nicotine, and
- 2) breaking your smoking habit.

NicoDerm CQ helps smokers quit by reducing nicotine withdrawal symptoms. Many NicoDerm CQ users will be able to stop smoking for a few days but often will start smoking again. Most smokers have to try to quit several times before they completely stop.

Your own chances of quitting smoking depend on how strongly you are addicted to nicotine, how much you want to quit, and how closely you follow a quitting plan

like the one that comes with NicoDerm CQ.

**QUITTING SMOKING IS HARD!**

If you find you cannot stop or if you start smoking again after using NicoDerm CQ, please talk to a health care professional who can help you find a program that may work better for you. Breaking this addiction doesn't happen overnight.

Because NicoDerm CQ provides some nicotine, the NicoDerm CQ patch will help you stop smoking by reducing nicotine withdrawal symptoms such as nicotine craving, nervousness and irritability.

This User's Guide will give you support as you become a non-smoker. It will answer common questions about NicoDerm CQ and give tips to help you stop smoking, and should be referred to often.

**WHERE TO GET HELP.**

You are more likely to stop smoking by using NicoDerm CQ with a support program that helps you break your smoking habit. There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll free phone numbers are printed on the wallet card on the back cover of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using NicoDerm CQ, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try NicoDerm CQ or another method.

**LET'S GET ORGANIZED.**

Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about.

All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the wallet card inside the back cover of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

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**WHAT YOU'RE UP AGAINST.**

Smoking is addictive in two ways. Your need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while NicoDerm CQ will lessen your body's craving for nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

**SOME IMPORTANT WARNINGS.**

This product is only for those who want to stop smoking.

**If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider.** Smoking can seriously harm your child. Try to stop smoking without

using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

**Do not use**

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine gum or other nicotine containing products.

**Ask a doctor before use if you have**

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- an allergy to adhesive tape or have skin problems because you are more likely to get rashes.

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug.
- taking a prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

**When using this product**

- do not smoke even when not wearing the patch. The nicotine in your skin will still be entering your bloodstream for several hours after you take off the patch.
- if you have vivid dreams or other sleep disturbances remove this patch at bedtime.

**Stop use and ask a doctor if**

- skin redness caused by the patch does not go away after four days, or if your skin swells, or you get a rash.
- irregular heartbeat or palpitations occur.
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness,

weakness and rapid heartbeat.

**Keep out of reach of children and pets.**

Used patches have enough nicotine to poison children and pets. If swallowed, get medical help or contact a Poison Control Center right away. Dispose of the used patch by folding sticky ends together. Replace in its pouch and discard.

**LET'S GET STARTED.**

**If you are under 18 years of age, ask a doctor before use.**

Becoming a non-smoker starts today. Your first step is to read through this entire User's Guide carefully.

**First, check that you bought the right starting dose.**

If you smoke more than 10 cigarettes per day, begin with Step 1 (21 mg). As the

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carton indicates, people who smoke 10 or less cigarettes per day should not use Step 1 (21 mg). They should start with Step 2 (14 mg). Throughout this User's Guide we will give specific instructions for people who smoke 10 or less cigarettes per day.

**Next, set your personalized quitting schedule.**

Take out a calendar that you can use to track your progress. Pick a quit date, and mark this on your calendar using the stickers inside the front cover of this User's Guide, as described below.

**Directions: For People who smoke more than 10 cigarettes per day:**

**STEP 1 (Weeks 1-6). Your quit date (and the day you'll start using NicoDerm CQ patch).**



Choose your quit date (it should be soon). This is the day you will quit smoking cigarettes entirely and begin using NicoDerm CQ to reduce your cravings for nicotine. Place the Step 1 sticker on this date. For the first six weeks, you'll use the highest-strength (21 mg) NicoDerm CQ patches. Be sure to follow the directions on page 10.

Completing the full program will increase your chances of quitting successfully. This is done by changing over to the Step 2 (14 mg) patch for 2 weeks followed by a final 2 weeks with the Step 3 (7 mg) patch. The Step 2 and Step 3 treatment period allows you to gradually reduce the amount of nicotine you get, rather than stopping suddenly, and will increase your chances of quitting.

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**STEP 2 (Weeks 7-8). The day you'll start reducing your use of NicoDerm CQ patch.**

Switching to Step 2 (14 mg) patches after 6 weeks begins to gradually reduce your nicotine usage. Place the Step 2 sticker on this date (the first day of week seven). Use the 14 mg patches for two weeks.

**STEP 3 (Weeks 9-10). The day you'll further start reducing your use of NicoDerm CQ patch.**

After eight weeks, nicotine intake is further reduced by moving down to Step 3 (7 mg) patches. Place the Step 3 sticker on this date (the first day of week nine). Use the 7 mg patches for two weeks.

**THE NICODERM CQ PROGRAM**

STEP 1	STEP 2	STEP 3
Use one 21 mg patch/day	Use one 14 mg patch/day	Use one 7 mg patch/day
Weeks 1-6	Weeks 7-8	Weeks 9-10

**STOP USING NICODERM CQ AT THE END OF WEEK 10**

If you still feel the need to use NicoDerm CQ after Week 10, talk with your doctor or health professional.

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**Directions: For People who smoke 10 or less cigarettes per day. Do not use STEP 1 (21 mg). Begin with STEP 2 – Initial Treatment Period (Weeks 1-6): 14 mg patches.**

Choose your quit date (it should be soon). This is the day you will quit smoking cigarettes entirely and begin using NicoDerm CQ to reduce your cravings for nicotine. Place the Step 2 sticker on this date. For the first six weeks, you'll use the Step 2 (14 mg) NicoDerm CQ patches. Be sure to follow the directions on page 10.

**Continue with STEP 3 – Step Down Treatment Period (Weeks 7-8): 7 mg patches.**

Completing the full program will increase your chances of quitting successfully. This is done by changing over to the Step 3 (7 mg) patches for 2 weeks. The two week step down treatment period allows you to

gradually reduce the amount of nicotine you get, rather than stopping suddenly, and will increase your chances of quitting. Place the Step 3 sticker on the first day of week seven. Use the 7 mg patches for two weeks.

People who smoke 10 or less cigarettes per day should not use NicoDerm CQ for longer than 8 weeks. If you still feel the need to use NicoDerm CQ after 8 weeks, talk with your doctor.

**PLAN AHEAD.**

Because smoking is an addiction, it is not easy to stop. After you've given up nicotine, you may still have a strong urge to smoke. Plan ahead NOW for these times, so you're not tempted to start smoking again in a moment of weakness. The following tips may help:

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- Keep the phone numbers of supportive friends and family members handy.
  - Keep a record of your quitting process. In the event that you slip, immediately stop smoking and resume your quit attempt by using the Nicoderm CQ patch. If you smoke at all, write down what you think caused the slip.
  - Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. You might include cinnamon gum or lemon drops to suck on, a relaxing cassette tape, and something for your hands to play with, like a smooth rock, rubber band, or small metal balls.
  - Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll "give" yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

#### HOW NICODERM CQ WORKS.

NicoDerm CQ patches provide nicotine to your system. They work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms, including nicotine craving. NicoDerm CQ provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine.





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Because NicoDerm CQ does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach and dizziness.

#### HOW TO USE NICODERM CQ PATCHES.

Read all the following instructions, and the instructions on the outer carton, before using NicoDerm CQ. Refer to them often to make sure you're using NicoDerm CQ correctly. Please refer to the compact disc for additional help.

1) Stop smoking completely before you start using NicoDerm CQ.

2) To reduce nicotine craving and other withdrawal symptoms, use NicoDerm CQ according to the directions on pages 6-8.

3) Fold sticky ends of used NicoDerm CQ patch together. Replace in its pouch. Discard safely away from children and pets.

#### When to apply and remove NicoDerm CQ patches.

Each day apply a new patch to a different place on skin that is dry, clean and hairless.

**You can wear a NicoDerm CQ patch for either 16 or 24 hours.** If you crave cigarettes when you wake up, wear the patch for 24 hours. If you begin to have vivid dreams or other disruptions of your sleep while wearing the patch 24 hours, try taking the patch off at bedtime (after about 16 hours) and putting on a new one when you get up the next day.

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**What is**

**?**

**FREE**  
INDIVIDUALIZED STOP  
SMOKING PROGRAM

**COMMITTED  
QUITTERS**™

- FREE, online individualized stop smoking program.
- Customized for your needs based on your responses to the enrollment survey.

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**TO JOIN**

**FREE**  
INDIVIDUALIZED STOP  
SMOKING PROGRAM  
**COMMITTED  
QUITTERS™**

**Individualized Stop Smoking Program**

- Receive knowledge, support and encouragement over several weeks to help you break the psychological and behavioral links to cigarettes.
- Enroll at [www.CommittedQuitters.com](http://www.CommittedQuitters.com).
- To receive the available print materials of the Committed Quitters program in the mail call 1-800-770-0708.



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Call Between 7 am and 12 midnight EST or enroll online 24 hours a day

(ONE PLAN PER CUSTOMER) ©2006 GlaxoSmithKline Read and follow label directions

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**Do not smoke even when you are not wearing the patch.**

Remove the used patch and put on a new patch at the same time every day. Applying the patch at about the same time each day (first thing in the morning, for instance) will help you remember when to put on a new patch. Do not leave the same NicoDerm CQ patch on for more than 24 hours because it may irritate your skin and because it loses strength after 24 hours.

Do not use NicoDerm CQ continuously for more than 10 weeks (8 weeks for people who smoke 10 or less cigarettes per day).

**How to apply a NicoDerm CQ patch.**

1. Do not remove the NicoDerm CQ patch from its sealed protective pouch until you are ready to use it. NicoDerm CQ patches will lose nicotine to the air if you store them out of the pouch.

2. Choose a non-hairy, clean, dry area of skin. Do not put a NicoDerm CQ patch on skin that is burned, broken out, cut, or irritated in any way. Make sure your skin is free of lotion and soap before applying a patch.

3. Take patch out of the pouch. Save pouch for use at time of disposal. A clear, protective liner covers the sticky back side of the NicoDerm CQ patch — the side that will be put on your skin. The liner has a slit down the middle to help you remove it from the patch. With the sticky back side facing you, pull half the liner away from the NicoDerm CQ patch starting at the middle slit, as shown in the illustration above. Hold the NicoDerm CQ patch at one of the outside edges (touch the sticky side as little as possible), and pull off the other half of the protective liner.



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Place the liner back in the pouch. Save pouch for disposing of the patch after use.

4. Immediately apply the sticky side of the NicoDerm CQ patch to your skin. **Press the patch firmly on your skin with the heel of your hand for at least 10 seconds.** Make sure it sticks well to your skin, especially around the edges.



5. Wash your hands when you have finished applying the NicoDerm CQ patch. Nicotine on your hands could get into your eyes and nose, and cause stinging, redness, or more serious problems.



6. After 24 or 16 hours, remove the patch you have been wearing. Fold sticky ends of used NicoDerm CQ patch together. Replace in its pouch. Discard where it will be out of the reach of children and pets. Even used patches have enough nicotine to poison children and pets. Wash your hands.
7. Choose a different place on your skin to apply the next NicoDerm CQ patch and repeat Steps 1 to 6. Do not apply a new patch to a previously used skin site for at least one week.

**If your NicoDerm CQ patch gets wet during wearing.**  
Water will not harm the NicoDerm CQ

patch you are wearing if applied properly. You can bathe, swim, or shower for short periods while you are wearing the NicoDerm CQ patch.

**If your NicoDerm CQ patch comes off while wearing.**

NicoDerm CQ patches generally stick well to most people's skin. However, a patch may occasionally come off. If your NicoDerm CQ patch falls off during the day put on a new patch, making sure you select a non-hairy, non-irritated area of skin that is clean and dry.

If the soap you use has lanolin or moisturizers, the patch may not stick well. Using a different soap may help. Body creams, lotions and sunscreens can also cause problems with keeping your patch

on. Do not apply creams or lotions to the place on your skin where you will put the patch.

If you have followed the directions and the patch still does not stick to you, try using medical adhesive tape over the patch.

**Disposing of NicoDerm CQ patches.**

Fold the used patch in half by folding the sticky ends together. Replace in its pouch. Discard where it will be out of the reach of children and pets. Small amounts of nicotine, even from a used patch, can poison children and pets. **Keep all nicotine patches away from children and pets.** Wash your hands after disposing of the patch.



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**If your skin reacts to the NicoDerm CQ patch.**

When you first put on a NicoDerm CQ patch mild itching, burning, or tingling is normal and should go away within an hour. After you remove a NicoDerm CQ patch, the skin under the patch might be somewhat red. Your skin should not stay red for more than a day after removing the patch. **Stop use and ask a doctor if skin redness caused by the patch does not go away after four days, or if your skin swells, or you get a rash. Do not put on a new patch.**

**Storage Instructions.**

Keep each NicoDerm CQ patch in its protective pouch, unopened, until you are ready to use it, because the patch will lose nicotine to the air if it's outside the pouch.



Store NicoDerm CQ patches at 20-25°C (68-77°F) because they are sensitive to heat. Remember, the inside of your car can reach temperatures much higher than this. A slight yellowing of the sticky side of the patch is normal.

Do not use NicoDerm CQ patches stored in pouches that are open or torn.

**TIPS TO MAKE QUITTING EASIER.**

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party or bar. Here are some tips to help get you through the important first stages of becoming a non-smoker:

**On Your Quit Date:**

- Ask your family, friends and co-workers to support you in your efforts to stop smoking.

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- Throwaway all your cigarettes, matches, lighters, ashtrays, etc.
  - Keep busy on your quit day. Exercise. Go to a movie. Take a walk. Get together with friends.
  - Figure out how much money you'll save by not smoking. Most ex-smokers can save more than \$1,000 a year on the price of cigarettes alone.
  - Write down what you will do with the money you save.
  - Know your high risk situations and plan ahead how you will deal with them.
  - Visit your dentist and have your teeth cleaned to get rid of the tobacco stains.
- Right after Quitting:**
- During the first few days after you've stopped smoking, spend as much time as possible at places where smoking is not allowed.
  - Drink large quantities of water and fruit juices.
  - Try to avoid alcohol, coffee and other beverages you associate with smoking.
  - Remember that temporary urges to smoke will pass, even if you don't smoke a cigarette.
  - Keep your hands busy with something like a pencil or a paper clip.
  - Find other activities that help you relax without cigarettes. Swim, jog, take a walk, play basketball.
  - Don't worry too much about gaining weight. Watch what you eat, take time for daily exercise, and change your eating habits if you need to.

- Laughter helps. Watch or read something funny.

To request a free audio CD containing additional tips to help make quitting easier, call 1-800-834-5895. (ONE CD PER CUSTOMER)

### **WHAT TO EXPECT.**

#### **The First Few Days.**

Your body is now coming back into balance. During the first few days after you stop smoking, you might feel edgy and nervous and have trouble concentrating. You might get headaches, feel dizzy and a little out of sorts, feel sweaty or have stomach upsets. You might even have trouble sleeping at first. These are typical nicotine withdrawal symptoms that will go away with time. Your smoker's cough will

get worse before it gets better. But don't worry, that's a good sign. Coughing helps clear the tar deposits out of your lungs.

#### **After A Week Or Two.**

By now you should be feeling more confident that you can handle those smoking urges. Many of your nicotine withdrawal symptoms have left by now, and you should be noticing some positive signs: less coughing, better breathing and an improved sense of taste and smell, to name a few.

#### **After A Month.**

You probably have the urge to smoke much less often now. But urges may still occur, and when they do, they are likely to be powerful ones that come out of nowhere. Don't let them catch you off guard. Plan ahead for these difficult times.

Concentrate on the ways non-smokers are more attractive than smokers. Their skin is less likely to wrinkle. Their teeth are whiter, cleaner. Their breath is fresher. Their hair and clothes smell better. That cough that seems to make even a laugh sound more like a rattle is a thing of the past. Their children and others around them are healthier, too.

**What To Do About Relapse.**

What should you do if you slip and start smoking again? The answer is simple. A lapse of one or two or even a few cigarettes should not spoil your efforts! Throw away your cigarettes, forgive yourself and continue with the program. Listen to the Compact Disc again and re-read the User's Guide to ensure that you're using NicoDerm CQ correctly and following the

other important tips for dealing with the mental and social dependence on nicotine. Your doctor, pharmacist or other health professional can also provide useful counseling on the importance of stopping smoking. You should consider them partners in your quit attempt.

**What To Do About Relapse After a Successful Quit Attempt.**

If you have taken up regular smoking again, don't be discouraged. Research shows that the best thing you can do is try again, since several quitting attempts may be needed before you're successful. And your chances of quitting successfully increase with each quit attempt.

The important thing is to learn from your last attempt.

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- Admit that you've slipped, but don't treat yourself as a failure.
- Try to identify the "trigger" that caused you to slip, and prepare a better plan for dealing with this problem next time.
- Talk positively to yourself – tell yourself that you have learned something from this experience.
- Make sure you used NicoDerm CQ patches correctly.
- Remember that it takes practice to do anything, and quitting smoking is no exception.

#### **WHEN THE STRUGGLE IS OVER.**

Once you've stopped smoking, take a second and pat yourself on your back. Now do it again. You deserve it.

Remember now why you decided to stop smoking in the first place. Look at your list of reasons. Read them again. And smile.

Now think about all the money you are saving and what you'll do with it. All the non-smoking places you can go, and what you might do there. All those years you may have added to your life, and what you'll do with them. Remember that temptation may not be gone forever. However, the hard part is behind you so look forward with a positive attitude, and enjoy your new life as a non-smoker.

#### **QUESTIONS & ANSWERS.**

##### **1. How will I feel when I stop smoking and start using NicoDerm CQ?**

You'll need to prepare yourself for some nicotine withdrawal symptoms. These begin almost immediately after you stop

smoking, and are usually at their worst during the first three or four days. Understand that any of the following is possible:

- craving for nicotine
- anxiety, irritability, restlessness, mood changes, nervousness
- disruptions of your sleep
- drowsiness
- trouble concentrating
- increased appetite and weight gain
- headaches, muscular pain, constipation, fatigue.

NicoDerm CQ reduces nicotine withdrawal symptoms such as irritability and nervousness, as well as the craving for nicotine you used to satisfy by having a cigarette.

**2. Is NicoDerm CQ just substituting one form of nicotine for another?**

NicoDerm CQ does contain nicotine. The purpose of NicoDerm CQ is to provide you with enough nicotine to reduce the physical withdrawal symptoms so you can deal with the mental aspects of quitting.

**3. Can I be hurt by using NicoDerm CQ?**

For most adults, the amount of nicotine delivered from the patch is less than from smoking. If you believe you may be sensitive to even this amount of nicotine, you should not use this product without advice from your doctor. There are also some important warnings in this User's Guide (See page 4).

**4. Will I gain weight?**

Many people do tend to gain a few pounds the first 8-10 weeks after they stop smoking. This is a very small price to pay for the enormous gains that you will make in your overall health and attractiveness. If you continue to gain weight after the first two months, try to analyze what you're doing differently. Reduce your fat intake, choose healthy snacks, and increase your physical activity to burn off the extra calories. Drink lots of water. This is good for your body and skin, and also helps to reduce the amount you eat.

**5. Is NicoDerm CQ more expensive than smoking?**

The total cost of the NicoDerm CQ program is similar to what a person who

smokes one and a half packs of cigarettes a day would spend on cigarettes for the same period of time. Also, use of NicoDerm CQ is only a short-term cost, while the cost of smoking is a long-term cost, including the health problems smoking causes.

**6. What if I slip up?**

Discard your cigarettes, forgive yourself and then get back on track. Don't consider yourself a failure or punish yourself. In fact, people who have already tried to quit are more likely to be successful the next time.

**GOOD LUCK!**



# Study Timeline

## Day of dental visit

- Baseline Survey (before dentist visit)
- After visit survey (after dentist visit)



Paid \$20

## 1 Month after visit

Online survey



Paid \$20

## 3 Months after visit

Online survey



Paid \$20

## 6 Months after visit

Online survey



Paid \$20

## After your 6 month survey you *may* be asked to...

- Complete a remote carbon monoxide test
- Complete an interview about your experience in the study
- You will be compensated if selected*



Contact Us:

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