PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Inhaler

Brand Name

- Nicorette, Nicotrol, generic store brand

Strengths

- Only one strength available (10mg in cartridge, but delivers 4mg).

How to Use

- Inhale as you would with a cigarette.
- One cartridge lasts for about 20 minutes of continuous puffing (about 400 puffs).
- Use for 3 months, then only use as needed.

Important

- For the first 12 weeks, use 6-12 cartridges per day.

Caution

- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

Benefits

- Keeps hands busy.
- Can use same cartridge more than once (up to about 400 puffs).

***NOTE**: A combination of products can be used to best fit your lifestyle and personal needs.

Lozenge

Brand Names

- Thrive

Strengths

- 1mg, 2mg, 4mg

How to Use

- If you normally have your first smoke within 30 minutes of waking,

start with the 4mg lozenge.

- If you normally have your first smoke after being awake for 30 minutes in the morning, start with the 2mg lozenge.
- Suck on one lozenge until strong taste is noticed, then rest it between cheek and gum for 1 minute. Repeat.
- One lozenge should last 20-30 minutes.

Important

- Continue using the lozenge regularly for 3-6 months.

Caution

- Let the lozenge dissolve in your mouth and do not swallow or chew the lozenge (it may make you feel sick or cause hiccups or heartburn).
- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

Benefits

- Easy to use, keeps mouth busy.
- Easily disguised (looks like you are sucking on a regular mint or candy).

Ask your pharmacist or doctor about what kind of nicotine replacement therapy is right for you.