

What are nicotine lozenges?

- Nicotine lozenges look like sweets, they contain nicotine and other flavourings such as mint.
- They replace some of the nicotine you would get from a cigarette.
- You may still get cravings but lozenges take the edge off.
- Using a lozenge can help reduce nicotine withdrawal symptoms such as restlessness, low mood, or poor concentration.

Are nicotine lozenges safe?

- The smoke produced from burning tobacco contains about 4,000 ingredients, 70 of these are known to cause cancer.
- Nicotine lozenges do not contain tobacco and are not burnt, so they are much safer than cigarettes.
- Lozenges can cause some side effects – see next section:

Are there any side effects from using NRT lozenges?

- Some people have reported nausea, mouth, throat and tongue irritation. Reduce your use of lozenges or switch to a different nicotine replacement product if you have problems with side effects.
- If you suck or chew the lozenge too quickly, you may experience hiccups or indigestion. If this happens, try putting it under your tongue or down the side of your mouth between your cheek and gum to let it dissolve more slowly.

How do you use nicotine lozenges?

- Remove a lozenge from the pack.
- Place it in your mouth between your cheeks and teeth and allow it to dissolve slowly.
- Switch the lozenge to the other side of your mouth from time to time until it has dissolved.
- It should take 20-30 minutes to dissolve.

How many nicotine lozenges should you use?

To begin with you can take one lozenge every 1-2 hours.

You can use up to 15 lozenges a day.

- Nicotine lozenges come in three strengths, 1mg, 2mg and 4mg.
- If you smoke less than 10 cigarettes a day, try the 1mg lozenge.
- If you smoke 10 to 20 cigarettes a day, try the 2mg lozenge.
- If you smoke more than 20 cigarettes a day, try the 4mg lozenge.
- Keep lozenges with you, ready to use if you get cravings.

What if you still have nicotine withdrawal symptoms?

- Tell your team if the nicotine lozenges do not manage your cravings.
- They will help you use more lozenges or an additional nicotine replacement therapy product.

Can you smoke while using nicotine lozenges?

- Yes, it is safe for you to smoke while using nicotine lozenges.
- When you are ready to cut down or quit, increase the amount of nicotine you use.

How long should you use the nicotine lozenges for?

- Most smokers use nicotine lozenges for at least three months.
- It is safe to use nicotine replacement therapy for up to five years.

What else should you know about using lozenges?

- Do not eat or drink anything whilst using or immediately after using lozenges, and try not to swallow excessively.
- The nicotine needs time to be absorbed through your cheeks and the back of your lips.
- If used correctly, the lozenges are designed to reduce your urge to smoke by giving a dose of nicotine within 10 to 15 minutes.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help. If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

Now's the time

**Ask a member of staff about the Tobacco Dependency Team
and find out more about what support is available to you.**

PATIENT INFORMATION

NICOTINE REPLACEMENT THERAPY (NRT) LOZENGES

Tobacco Dependency Team

