

**ALDERFER & TRAVIS CARDIOLOGY, PC**  
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NICOTINE - ORAL INHALATION

USES: This medication is used as part of a complete "stop smoking" program, which includes behavior support. This product relieves nicotine withdrawal symptoms.

HOW TO USE THIS MEDICATION: It is very important to stop smoking completely while using this nicotine product, and to follow all directions exactly, including the patient information sheet containing proper use and disposal facts.

The starting dose is based on your needs, generally using between 6 and 16 cartridges per day. Frequent, continuous puffing for 20 minutes is advised with each cartridge. Peak effect is generally within 15 minutes after the end of inhalation.

After your dose is established, it is generally maintained for about 3 months, then gradually reduced during the following 3 months. Use for more than 6 months continuously is not recommended. You may retry later if you are unsuccessful in your stop-smoking attempt.

The mouthpiece is reusable. Clean with soap and water.

SIDE EFFECTS: Headache, mouth/tooth and throat irritation, coughing, stuffy nose, change in taste sensation, stomach upset, sweating or diarrhea may occur. If these persist or worsen, notify your doctor promptly.

Unlikely but report promptly chest discomfort or fast heartbeat.

Common symptoms usually from lack of nicotine (withdrawal) are dizziness, anxiety/mood changes. Report these problems if they persist or worsen.

PRECAUTIONS: Before using this drug, tell your doctor your medical history, including any allergies (especially drug allergies), asthma, liver, kidney, heart or blood vessel diseases, pheochromocytoma, diabetes, high thyroid function (hyperthyroid) high blood pressure or intestinal ulcers.

This drug is not recommended for use during pregnancy. Consult your doctor before using this drug.

This drug is excreted into breast milk. Consult your doctor before breast-feeding.

Caution is advised when this drug is used in the elderly.

DRUG INTERACTIONS: Tell your doctor of all nonprescription and prescription medication you may use, especially theophylline and

certain antidepressants (e.g., amitriptyline and nortriptyline).

NOTES: Do not share this medication with others. Keep out of the reach of children and pets.

MISSED DOSE: Not applicable. This product is used as needed as directed.

STORAGE: Store at room temperature at or below 86 degrees F (30 degrees C) away from light and moisture.