

NICOTINE REPLACEMENT THERAPY

NICOTINE LOZENGE 2 MG, 4 MG

What does it do?

The lozenge releases nicotine to help decrease withdrawal symptoms. Try combining it with the nicotine patch for an even greater chance of staying quit.

How do I use it?

- Begin using the lozenge on your quit date.
- Let the lozenge dissolve in your mouth near your cheek and gum.
- Rotate the lozenge to different parts of the mouth. One lozenge lasts 20–30 minutes. A mini-lozenge lasts 10–15 minutes.
- Do not chew or swallow the lozenge.
- Avoid eating or drinking anything acidic 15 minutes before using the lozenge or during use. Food and drinks that are acidic, such as soda and coffee, can stop the lozenge from working.
- Use as needed throughout the day.
- Use up to 10 lozenges per day in the first week.
- Each week, self-assess and slowly decrease your use of lozenges over three to four months, or longer if needed. Talk with your healthcare provider about your goals for decreasing use.
- You can use sugar-free gum or candy to replace the lozenge.
- If you slip up and use tobacco, continue using the lozenge and try not to smoke or dip.

What are the possible side effects?

- May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation, and difficulty sleeping. Proper lozenge use can help to avoid these side effects.
- If you have any intolerable side effects, stop using lozenges and contact your healthcare provider.

Use these tools for additional support!



Sign up for SmokefreeVET Text

Text **VET** to **47848** or go to **Smokefree.gov/vet**.



Call the Quitline

Speak with a Quit VET counselor Monday–Friday. Dial **1-855-QUIT-VET** (1-855-784-8838).

Using medication together with behavioral counseling gives you the best chance of quitting tobacco. Talk with your healthcare provider about the best medication for you.

VETERANS HEALTH ADMINISTRATION
Smokefree.gov/veterans

VA



U.S. Department
of Veterans Affairs

 **smokefree**vet

1-855-Quit-Vet
TOBACCO QUITLINE

TOBACCO CESSATION COUNSELING

What is it and how does it help?

Tobacco cessation counseling is when you talk with a healthcare provider or a counselor about your tobacco use and work on ways to get tobacco out of your life. This type of counseling helps you change your behaviors and habits to avoid using tobacco. It also can help you think differently about tobacco and your triggers.

How do I use it?

An important part of counseling is figuring out what triggers your tobacco use. Some of these triggers probably sound familiar:

- Talking on the phone
- Drinking a cup of coffee
- Drinking alcohol
- Feeling bored
- Needing a break
- Facing stress
- Having insomnia

Counseling will help you to figure out how you can avoid or cope with your triggers so you don't start using tobacco again (or relapse) after you quit. For example, if you smoke with your morning coffee, your counselor may suggest that you have your coffee in a smokefree environment (such as a restaurant or a work kitchen) or switch to tea instead.

How do I get VA counseling?

- **Contact your healthcare provider.** Tell them you are quitting tobacco. They can give you counseling as well as provide you with smoking cessation medication. Your provider can also refer you to local smoking cessation clinics and group counseling sessions.
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