

NICOTINE REPLACEMENT THERAPY

NICOTINE GUM 2 MG, 4 MG

What does it do?

The gum 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 gum on your quit date.
- Unlike what you do with regular gum, bite down slowly a few times until you feel a slight tingling in your mouth.
- Park the gum between your cheek and gum. Leave it there for about one minute so you can absorb the nicotine.
- Repeat biting and parking until the taste or tingle is gone. One piece of gum lasts 20–30 minutes.
- Do not bite down too quickly on the gum or swallow the nicotine; it may make you nauseated or upset your stomach.
- Avoid eating or drinking anything acidic 15 minutes before using the gum or during use. Food and drinks that are acidic, such as soda and coffee, can stop the gum from working.
- Use throughout the day. During the first week, use one piece every one to two hours. Use at least eight to nine pieces a day to start.
- Do not use more than 24 pieces per day.
- Each week, self-assess and slowly decrease your use of the gum 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 sugar-free lozenges to replace the nicotine gum.
- Always carry the gum with you.
- If you slip up and use tobacco, continue using the gum and try not to smoke or dip.

What are the possible side effects?

- May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea, and vomiting. Proper gum use can help to avoid these side effects.
- If you have any intolerable side effects, stop using the gum 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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