

Who can use nicotine mouth spray?

Current smokers (to prevent nicotine withdrawal and to reduce smoking)

Former smokers (to prevent returning to smoking)

People who have never smoked should not use the nicotine spray.



How do I use the mouth spray?

1. Press the black button on the back of the bottle with your thumb till you hear a click
2. Whilst still pressing the button, slide it upwards until the top of the dispenser locks into place
3. When you use it for the first time or haven't used it for 2 days, press the top of the bottle and pump 3 sprays into a tissue (this 'primes' the bottle so you don't get a stream of the solution in your mouth).
4. Hold the bottle as close as possible to your open mouth
5. Avoid spraying onto the lips and don't spray at the back of the throat like you would with a breath freshener spray. The nicotine has to be absorbed through the lining of the mouth to get the best effect
6. You'll feel a hot, tingling sensation in the mouth
7. Some types of drinks like coffee, fruit juice, fizzy drinks can affect how well the spray works so it's best to wait for 15 minutes after having a drink before using the spray.



How much nicotine does each spray contain?

1 spray=1mg of nicotine (about the same amount as you get from one cigarette)



How often should I use the spray and how much should I use?

Use the spray whenever you get the urge to smoke, instead of having a cigarette.

If you're used to smoking less than 20 cigarettes a day, try 1 spray at a time

If you're used to smoking more than 20 cigarettes a day, try 2 sprays at a time

Try to use it regularly – at least 1-2 times an hour rather than going for long periods without it.

We advise people not to use more than 64 sprays a day (or about half a bottle).

How long will a bottle last?

There are about 150 sprays in each bottle, so if you use it as recommended (about half a bottle a day) 1 bottle should last at least 2 days.

What side effects might I get?

Similar to other oral nicotine replacements you might get hiccups or a sore mouth. Too much spray might make you feel sick and dizzy, and you might get an upset stomach.

Safety tips:

To prevent infection DO NOT share your bottle of spray with anyone or use a bottle that someone has thrown away.