

Who can use nicotine pouches (e.g. Velo, Lyft & Zyn)

Current smokers (to prevent nicotine withdrawal and as a safer alternative to smoking)

Former smokers (to prevent returning to smoking)

People who have never smoked should not use them.



What are in nicotine pouches?

Nicotine, water, plant-based materials, flavourings and sweeteners.

They do not contain tobacco.



How do I use a nicotine pouch?

Take one out of the tin. Place it between your gum and lip. You'll feel a tingling, hot sensation – that's the nicotine being released. You can gently chew it a few times to release the nicotine. Keep the pouch between your gum and lip for a **minimum of 5 minutes and a maximum of 60 minutes**. **DON'T SWALLOW IT.**



What nicotine strength should I use?

Pouches come in different strengths (Velo & Lyft: 4mg, 6 mg) (Zyn: 'strength 2'=3mg. 'strength 4'=6mg). If you're a heavy smoker (20+ a day) start with the higher strength. If it feels too strong, ask for a lower strength.

If you smoke less than 20 a day, try the lower strength. If you find it does not take away your craving to smoke, ask to try a higher strength.

How often should I use a pouch?

Try to use one every hour or whenever you get the urge to have a cigarette; if you keep the pouch in your mouth for up to 60 mins each time, you should not need more than one an hour. A tin should last you 1-2 days.

What side effects might I get?

Similar to other oral nicotine replacements like lozenges and mouth spray, you might get hiccups or a sore mouth. If you have too many, you might feel sick and get an upset stomach.

Safety tips:

To prevent infection DO NOT share a pouch with anyone or use a pouch that someone has thrown away.

If you accidentally swallow a pouch, let the staff know straight away.

Throw away the used pouch in the waste compartment in the top of the tin.

Or throw it in a bin

