

nicorette[®]
QuickMist 1mg/spray mouthspray
nicotine

What should you know about nicorette[®] QuickMist mouthspray

(nicotine 1 mg per spray)

Please read this leaflet carefully
before you start using this medicine.
It provides useful information on
how to use it safely. Keep the leaflet,
you might need it again.

If you think you are having side-
effects, have any questions or are
not sure about anything please ask
your doctor, nurse or pharmacist.

1 What this medicine is for

Nicorette QuickMist is a nicotine replacement therapy (NRT). It is used to relieve and /or prevent withdrawal symptoms and reduce the cravings you get when you try to stop smoking or when cutting down the number of cigarettes you smoke.

Ideally you should always aim to stop smoking. You can use nicorette mouthspray to achieve this by using it to completely replace all your cigarettes.

However nicorette mouthspray can also be used in other ways,

- if you feel unable to stop smoking completely, or wish to replace certain cigarettes and therefore it can help you to cut down the number of cigarettes you smoke,

- at those times when you can't and do not want to smoke. For example,

- Where you don't want to smoke and avoid harm to others e.g children or family.
- Smoke free areas e.g Pub, work, public transport e.g aeroplanes.

It may also help increase your motivation to quit.

When making a quit attempt a behavioural support programme will increase your chances of success.

Details of Nicorette ActiveStop are at the end of this leaflet.

What does Nicorette QuickMist do?
When you stop smoking your body misses the nicotine that you have been absorbing. You may experience unpleasant feelings and a strong desire to smoke (*craving*). This indicates that you were dependent on nicotine.

When you use nicorette QuickMist, nicotine passes rapidly into your body through the lining of your mouth. This relieves the unpleasant withdrawal symptoms. It will also help to stop your craving to smoke, but will not give you the "buzz" you get from smoking a cigarette.

For the best effect, ensure that you use nicorette QuickMist correctly – see "How to Use Nicorette QuickMist."

Benefits you can get from using NRT instead of smoking

For the best effect, ensure that you use nicorette mouthspray correctly – see "How to Use Nicorette QuickMist."

The benefits of stopping smoking far outweigh any potential risk from using nicotine from NRT. It is the toxins in cigarette smoke such as tar, lead, cyanide and ammonia that cause smoking related diseases and death, not the nicotine.

- **You may think that smoking helps relieve feelings of anxiety and stress, but it does not deal with the cause of the stress and leads to a number**

of serious diseases. In addition, the feeling of relaxation after smoking is temporary, with withdrawal symptoms and cravings soon returning.

Nicotine replacement therapy can **help relieve nicotine withdrawal symptoms such as irritability, low mood, anxiety, restlessness and cravings** when used in place of cigarettes.

- **NRT may benefit smokers who want to quit, by helping to control weight gain that may be experienced when trying to stop smoking.**

Use of NRT is safer than smoking tobacco but as soon as you are ready, you should aim to stop smoking completely.

2 Before using this medicine

Do not use Nicorette QuickMist:

- if you have an allergy to nicotine or any of the other ingredients.
- if you are under 12 years of age.

Talk to your doctor, nurse or pharmacist...

- if you are pregnant or breast-feeding – you may be able to use nicotine replacement therapy (NRT) to help you give up smoking but you should try to give up without it. See "If you are pregnant or breast-feeding" section.

- if you are in hospital because of heart disease (including heart attack, chest pain, disorders of heart rate or rhythm, or stroke). In other heart conditions not requiring you to be in hospital, using NRT is better than continuing to smoke.

- if you have a stomach ulcer, duodenal ulcer, inflammation of the stomach or inflammation of the oesophagus (passage between the mouth and stomach).
- if you have liver or kidney disease.
- if you have an overactive thyroid gland or have a *phaeochromocytoma* (a tumour of the adrenal gland that can affect blood pressure) – your doctor will have told you this.

- if you have diabetes – monitor your blood sugar levels more often when starting to use nicorette QuickMist as you may find your insulin or medication requirements alter.

- if you are taking any other medicines such as theophylline, clozapine or ropinirole. Stopping smoking may require the dose of these medicines to be adjusted.

- If any of these apply, talk to your doctor, nurse or pharmacist.

Important information about some of the ingredients

Nicorette QuickMist contains small amounts of ethanol (alcohol), less than 100 mg per spray.

If you are pregnant or breast-feeding

If you are pregnant:

- 1) Firstly, you should try to give up smoking without NRT. Stopping completely is by far the best option. The earlier and quicker you do this the better it is for you and your baby.
- 2) Secondly, if you can't manage this, you can use NRT as a safer alternative to smoking as the risks to your baby are far less than smoking, however you should talk to your doctor, nurse or pharmacist for advice.

Products that are used intermittently, including nicorette mouthspray may be preferable to nicotine patches. However, patches may be more suitable if you have nausea or sickness. If you do use patches take them off before going to bed at night.

If you are breast-feeding:

- 1) Firstly, you should try to give up smoking without NRT.
- 2) Secondly, if you can't manage this you are best to use NRT products that are taken intermittently (not patches), however you should talk to your doctor, nurse or pharmacist for advice. Breast-feed just before you use nicorette mouthspray to ensure that the baby gets the smallest amount of nicotine possible.

If you do need to use NRT to help you quit, the amount of nicotine that the baby may receive is considerably smaller and less harmful

than the second-hand smoke they would inhale if you smoked. Tobacco smoke produces breathing and other problems in babies and children.

3 How and when to use this medicine

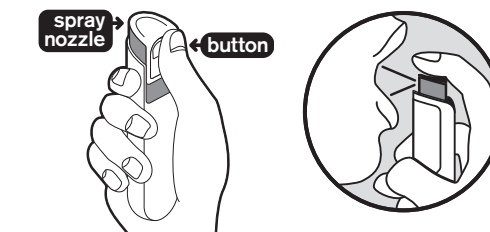
Follow the instructions and study the pictures below to ensure you use nicorette QuickMist correctly.

TO UNLOCK NOZZLE



Opening Nicorette QuickMist

1. Use your thumb to slide down the button (a) until it can be pushed lightly inwards (b). Do not push too hard.
2. While pushing in, slide upwards (c) to unlock the top of the dispenser. Then release the button.



Priming Nicorette QuickMist

If you are using nicorette QuickMist for the first time or if you have not

used the spray for 2 days, you must first prime the spray pump.

- Point the spray safely away from you and any other adults, children or pets that are near you.
- Press the top of the QuickMist with your index finger 3 times until a fine spray appears.

Note: priming reduces the number of sprays you may get from nicorette QuickMist.

How to use Nicorette QuickMist

3. Point the spray nozzle towards your open mouth and hold it as close to your mouth as possible.
4. Press the top of the dispenser to release one spray into your mouth. Do not inhale while spraying to avoid getting spray down your throat. For best results, do not swallow for a few seconds after spraying.

TO LOCK NOZZLE



How to close Nicorette QuickMist

5. Slide the button down (d) until it can be pushed inwards (e)
6. While pushing in, slide the top of the dispenser downwards (f). Release the button. The QuickMist spray is now closed.

turn over →

Close the QuickMist spray every time after use to prevent use of the spray by children and accidental spraying.

▲ Care should be taken not to spray the eyes whilst administering the mouthspray. **If you get spray in your eye(s), rinse thoroughly with water.**

▲ **Do not eat or drink when administering the mouthspray.**

① When to use Nicorette QuickMist

If you are able to stop smoking you should use the mouthspray, when needed, in place of cigarettes. As soon you can (this could be after a number of weeks or months) you should reduce the number of sprays until you have stopped using them completely.

If you are unable to stop smoking or do not feel ready to quit at this time, you should replace as many cigarettes as possible with the mouthspray. There are toxins in cigarettes that can cause harm to your body. Nicorette QuickMist provides a safer alternative to smoking, for both you and those around you. Reducing the amount of cigarettes may also help you to become more motivated to stop smoking. As soon as you are ready you should aim to stop smoking completely.

You can also use the mouthspray on those occasions when you can't or don't want to smoke e.g. Social situations such as a party, in the pub or when at work.

When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. If you have quit smoking and want to stop using the mouthspray but are finding this difficult you should contact your doctor, nurse or pharmacist for advice.

① Below is the dosage information for nicorette mouthspray

① Children and Adolescents under 12 years

Do not give this product to children under 12 years.

① Adults and children aged 12 years and over

Age	Dosage
Adults and children aged 12 years and over	<ul style="list-style-type: none"> ■ It is important to use enough nicotine spray to control cravings. ■ Use one spray first when you would normally smoke a cigarette or have cravings to smoke. ■ If your cravings do not disappear within a few minutes use a second spray. ■ If 2 sprays are required to control cravings, future doses may be delivered as 2 consecutive sprays. ■ Most smokers will require 1 - 2 sprays every 30 minutes to 1 hour. ■ Do not use more than 2 sprays per dose or 4 sprays every hour. Do not use more than 64 sprays per day – this is equivalent to 4 sprays per hour for 16 hours.
	<ul style="list-style-type: none"> ■ Do not use more than 2 sprays per dose or more than 64 sprays per day – this is equivalent to 4 sprays every hour for 16 hours.

▲ If you have used too much Nicorette QuickMist

If you have used more than the recommended amount of nicorette QuickMist or have smoked whilst using nicorette QuickMist, you may experience nausea (feeling sick), salivation, pain in your abdomen, diarrhoea, sweating, headache, dizziness, hearing disturbance or weakness.

■ **If you do get any of these effects contact a doctor or your nearest hospital Accident and Emergency department immediately.** Take this leaflet and the pack with you.

▲ If a child has used or swallowed Nicorette QuickMist

➤ **Contact a doctor or your nearest hospital Accident and Emergency department immediately** if a child under 12 years uses or swallows this medicine. Take this leaflet and the pack with you.

Nicotine inhalation or ingestion by a child may result in severe poisoning.

4 Possible side-effects

Like all medicines, nicorette QuickMist can have side-effects. As many of the effects are due to nicotine, they can also occur when nicotine is obtained by smoking.

Effects related to stopping smoking (nicotine withdrawal)

You may experience unwanted effects because by stopping smoking you have reduced the amount of nicotine you are taking. You may also experience these effects if you under use nicorette QuickMist before you are ready to reduce your nicotine intake.

① These effects include:

- irritability or aggression
- impatient or frustrated
- feeling low
- anxiety
- restlessness
- poor concentration
- increased appetite or weight gain
- urges to smoke (craving)
- night time awakening or sleep disturbance
- lowering of heart rate

Side-effects for Nicorette QuickMist

Very common side-effects: (more than 1 in every 10 people are affected)

- throat and mouth irritation
- a change in the way things taste
- headache
- feeling sick (nausea), vomiting and indigestion
- increased salivation

- burning lips
- dry mouth
- hiccups
- tingling sensation in the mouth
- Inflammation of the lining of the mouth

Common side-effects:

(less than 1 in every 10 people are affected)

- dizziness
- tingling sensation (pins and needles)
- palpitations
- cough
- mouth ulcers and bleeding gums
- toothache
- throat numbness

Uncommon side-effects:

(less than 1 in every 100 people are affected)

- difficulty sleeping or feeling restless
- feeling angry or anxious
- increased tear production or blurred vision
- hot flushes
- dry throat or skin
- runny nose
- stomach pain or discomfort and increased wind
- chest pain or discomfort
- feeling tired or irritable
- increased sweating
- rash

- pain in muscles or joints
- throat tightness

The following side-effects may also occur:

- abnormal beating of the heart
- difficulty in breathing e.g shortness of breath

➤ **If you notice these or any other unwanted effects not listed in this leaflet tell your doctor, nurse or pharmacist.**

➤ When you stop smoking you may also develop mouth ulcers. The reason why this happens is unknown.

5 Storing and disposal

- Keep nicorette QuickMist out of the reach and sight of children and animals. Nicotine in high doses can be very dangerous and sometimes fatal if taken by small children.
- Do not store above 25°C.
- Do not use nicorette QuickMist after the 'Use before' date shown on the back on the pack.
- Dispose of used nicorette QuickMist sensibly and away from children and animals. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Further information

What's in this medicine?

The active ingredient is nicotine. Other ingredients are: propylene glycol, anhydrous ethanol, trometamol, poloxamer 407, glycerol, sodium hydrogen carbonate, levomenthol, mint flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water.

What the medicine looks like

Nicorette QuickMist consists of a plastic bottle of solution held in a dispenser with a mechanical spray pump.

Each bottle contains 13.2 ml of solution which provides at least 150 sprays, each spray containing 1mg nicotine.

Nicorette QuickMist is supplied in packs of either 1 or 2 dispensers. Not all pack sizes may be marketed.

Who makes Nicorette QuickMist?

The Product Licence holder is McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

The manufacturer is McNeil AB, Helsingborg, Sweden.

This leaflet was prepared in September 2010. ©

Information about Nicorette ActiveStop

Nicorette ActiveStop is a personalised support programme which works with Nicorette to support you, with the aim of helping you give up smoking.

All you need is internet access and a mobile telephone.

Call 0800 244 838 for information.