

Summary

Smoking is harmful to our health. It causes cancer, lung disease and heart disease. People with mental health problems die 15 to 20 years earlier than others in the UK. The main reason for this is smoking.

Quitting smoking is the single most important way to improve your health and wellbeing.

Using a smoking cessation medication such as varenicline and behavioural support is the best way to quit smoking.

This leaflet contains information about Varenicline.

For more information

Speak to staff in your care team or ask to see a smoking cessation specialist.

Our email and webpage are here:
smokefreeready@slam.nhs.uk

www.slam.nhs.uk/smokefree

Why are we smoke free?

South London and Maudsley NHS Foundation Trust has a duty to promote health and wellbeing.

Smoking is the biggest preventable cause of early death.

We also have to comply with the Health Act (2006) and with NICE guidance on smoking (2013).

Our staff have been trained to deliver the best treatments for managing nicotine dependence.

Being smoke free means all patients benefit from improved health and wellbeing. Anyone who stops smoking might find that their medication works better and they can reduce their dose.

Ask if you need a large print, audio, Braille or translated version of this leaflet.

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www.slam.nhs.uk

**Stop smoking
medication**

**Nicotine
inhalator**



www.slam.nhs.uk/smokefree

What are nicotine inhalators?

Nicotine inhalators are plastic mouth pieces with nicotine cartridges inside.

Inhalators replace some of the nicotine you would get from a cigarette.

You may still get cravings but inhalators take the edge off.

Using an inhalator can help reduce nicotine withdrawal symptoms such as restlessness, low mood, or poor concentration.

Are inhalators safe?

The smoke produced from burning tobacco contains about 4000 ingredients, 70 of these are known to cause cancer.

Nicotine inhalators do not contain tobacco and are not burnt so they are much safer than cigarettes.

Are there any side effects?

Some people have reported headache, coughing, mouth, throat and tongue irritation when using inhalators. Reduce your use or switch to a different nicotine replacement if you have problems with side effects.

How do you use the NRT inhalator?

Remove a cartridge from pack. Twist the plastic mouthpiece to open and pull apart. Insert one cartridge, push the mouthpiece together again and twist to close. Inhale deeply or take shallow puffs according to preference.

How much NRT inhalator should you use?

Cartridges for NRT inhalators contain 15mg of nicotine. There are around 80 puffs in each cartridge. Each cartridge is roughly equivalent to 5 cigarettes. Nicotine is absorbed through the cheeks and back of the lips. You can use up to 6 cartridges each day.



What if you still have nicotine withdrawal symptoms?

Tell your team if the inhalator does not manage your cravings. They will help you to use more cartridges or use an additional nicotine replacement therapy product.

Can you smoke while using a nicotine inhalator?

Yes it is safe for you to smoke while using a nicotine inhalator.

When you are ready to cut down or quit, you can increase the strength or amount of nicotine replacement therapy you use.



How long should you use a nicotine inhalator for?

Most smokers use nicotine inhalators for at least three months. It is safe to use nicotine replacement therapy for up to five years.

What else should you know about inhalators?

Nicotine inhalators are popular with smokers who wish to replace the hand to mouth action of smoking.

Inhalators deliver around 1mg in 80 puffs. That means 8 puffs a minute for 10 minutes results in half the nicotine level you would get from an hourly cigarette.