

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
lozenge**



www.slam.nhs.uk/smokefree

What are nicotine lozenges?

Nicotine lozenges look like sweets, they contain nicotine and other flavorings such as mint.

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

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

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

Are nicotine lozenges safe?

The smoke produced from burning tobacco contains about 4,000 ingredients, 70 of these are known to cause cancer.

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

Are there any side effects from using NRT lozenges?

Some people have reported nausea, mouth, throat and tongue irritation. Reduce your use of lozenges or switch to a different nicotine replacement product if you have problems with side effects.

How do you use nicotine lozenges?

Remove a lozenge from the pack.

Place it in your mouth between your cheeks and teeth and allow it to dissolve slowly.

Switch the lozenge to the other side of your mouth from time to time until it has dissolved.

How many nicotine lozenges should you use?

You can use up to 15 lozenges a day.

Nicotine lozenges come in two strengths, 2mg and 4mg.

If you smoke less than 20 cigarettes a day try the 2mg lozenge.

If you smoke more than 20 cigarettes a day start with the 4mg lozenge.

Keep lozenges with you, ready to use if you get cravings.

What if you still have nicotine withdrawal symptoms?

Tell your team if the nicotine lozenges do not manage your cravings.

They will help you use more lozenges or an additional nicotine replacement therapy product.

Can you smoke while using nicotine lozenges?

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

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

How long should you use nicotine lozenges for?

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



What else should you know about using lozenges?

Do not drink anything while using or immediately after using lozenges, and try not to swallow excessively.

The nicotine needs time to be absorbed through your cheeks and the back of your lips.

If chewed correctly, your nicotine