

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
mouth spray**



www.slam.nhs.uk/smokefree

What is nicotine mouth spray?

Nicotine mouth spray is also known as nicotine replacement therapy mouth spray, or NRT mouth spray.

Nicotine mouth spray replaces some of the nicotine you would get from a cigarette.

You may still get cravings but the spray takes the edge off. It can help reduce nicotine withdrawal symptoms such as restlessness, low mood, or poor concentration.

Is nicotine mouth spray safe?

The smoke produced from burning tobacco contains about 4000 ingredients, 70 of these are known to cause cancer. Since NRT mouth spray does not contain tobacco and is not burnt it is much safer than cigarettes.

Are there any side effects from using nicotine mouth spray?

Some people have reported distortion of taste, headache, hiccups, throat irritation, dry mouth, burning lips, indigestion and nausea. Reduce your use or switch to a different nicotine replacement product if you have problems with side effects.

How do you use nicotine mouth spray?

Shake before use. Push the black button down and then in to release top. Slide the top forward to reveal nozzle.

Before first use, prime the pump by pressing the top firmly into a tissue until a fine mist appears. If you don't use the spray for a couple of days, repeat this step.

Open your mouth wide and insert the container so that the nozzle points towards the inside of your cheek.

Press the top firmly to release one spray onto the inside of your cheek.

For best results, wait a few seconds before swallowing.

How much nicotine mouth spray should you use?

Use one spray on the inside of each cheek, up to 64 sprays each day. Keep the mouth spray with you, ready to use if you get cravings.

What if you still have nicotine withdrawal symptoms?

Tell your team if the mouth spray does not manage your cravings.

They will help you to use more mouth spray, or an additional nicotine replacement therapy product.

Can you smoke while using nicotine mouth spray?

Yes it is safe to smoke while using nicotine mouth spray.

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

How long should you use nicotine mouth spray for?

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



What else should you know about nicotine mouth spray?

Do not drink anything while using or immediately after using mouth spray.

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

If used correctly, the level of nicotine in your blood will increase within 30 seconds.

Do not inhale the spray and avoid spraying towards your throat.