nicorette®
吸入剂
icotine
吸入剂
What you should know about
nicorette® inhalator
(nicotine 10 mg per cartridge)
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 inhalator is a nicotine replacement therapy (NRT). It is used to relieve and for 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 inhalator to achieve this by using it to completely replace all your cigarettes.
However nicorette inhalator 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 or 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 approach 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 that the baby may receive.

How to use Nicorette Inhalator
Follow the instructions below.
Setting up the inhalator
1) Take the sealed plastic tray from the box.
2) Take the plastic mouthpiece from the tray.
3) Twist the two sections of the mouthpiece until the two marks line up. Then pull the mouthpiece apart.
4) Take a cartridge from the tray. Push the cartridge firmly into the bottom of the mouthpiece until the seal breaks.
5) Put the top section on the mouthpiece, lining up the two marks. Push together firmly to break the cartridge seal.

Special information about using the Inhalator
Using the Inhalator
1) Inhale using the inhalator, either deeply or shallow puffs. Choose the way that suits you.
2) If you are pregnant or breast-feeding
   1) Firstly, you should try to give up smoking without NRT.
   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 nicotine inhalator may be preferable to nicotine patches. However, patches may be more suitable if you have nausea or sickness. If you do not 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.
When to use the Inhalator

These effects include:

- irritability or aggression,
- 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.

Effects of too much nicotine
It is possible to inhale too much nicotine if you use the inhalator in very warm surroundings. You may also get these effects if you are not used to inhaling tobacco smoke.

- These effects include:
  - feeling faint
  - feeling sick (nausea)
  - headache

Side-effects for Nicorette Inhalator

Very common side-effects:
- (more than 1 in every 10 people are affected)
  - headache
  - cough
  - irritation of the mouth or throat

Common side-effects:
- (less than 1 in every 10 people are affected)
  - dizziness
  - nasal congestion
  - stomach discomfort
  - hiccup
  - feeling sick (nausea)
  - sickness (vomiting)

Uncommon side-effects:
- (less than 1 in every 10,000 people are affected)
  - chest palpitations

Very rare side-effects:
- (less than 1 in 10,000,000 people are affected)
  - abnormal beating of the heart
  - If you notice any of these or any other unwanted effects not listed in this leaflet tell your doctor, nurse or pharmacist.

If you have used more than the recommended number of cartridges, you may experience nausea (feeling sick), salviation, 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 you use the Inhalator

If you are able to stop smoking you should use the inhalator, when needed, in place of smoking.

- If you are not used to inhaling tobacco smoke.
- You may also get these effects if you are not used to inhaling tobacco smoke.

- If you notice these or any other unwanted effects contact a doctor or your nearest hospital Accident and Emergency department immediately.

You can also use the inhalator 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 inhalator but are finding this difficult you should contact your doctor, nurse or pharmacist for advice.

Below is the dosage information for nicorette inhalator.

### Dosage and temperature

Nicorette inhalator works best at room temperature and it is best not to use the inhalator in the cold.

In cold surroundings (below 15°C or 59°F) you may have to inhale more often to get the same amount of nicotine as when using the inhalator at room temperature. When you are in surroundings above 30°C or 86°F, you should inhale less often to avoid taking in too much nicotine.

### 1. When to use the Inhalator

If you are able to stop smoking you should use the inhalator, when needed, in place of smoking.

- If you are not used to inhaling tobacco smoke.
- You may also get these effects if you are not used to inhaling tobacco smoke.

- If you notice these or any other unwanted effects contact a doctor or your nearest hospital Accident and Emergency department immediately.

When a cartridge is used up, it is very important that you dispose of the empty cartridge carefully as it still contains some nicotine fixed to the plug. This nicotine is not available for inhalation and it could be harmful to children or pets if swallowed or sucked. You can return the empty cartridge to the foil tray then dispose of all the empty cartridges with your household rubbish.

### 6. Further information

What’s in this medicine
The active ingredient is Nicotine. Other ingredients are: Menthol.

What the medicine looks like
Nicorette inhalator consists of a plastic mouthpiece into which you insert a tube-like cartridge containing 10 mg of nicotine, the active ingredient, held in a porous plug.

The plug also contains menthol to give the nicotine a slightly minty flavour. Nicorette Inhalator is supplied as either a starter or a refill pack.

The starter pack contains a plastic tray sealed with foil containing 6 cartridges and a plastic mouthpiece.

The refill pack contains a mouthpiece and 42 cartridges.

Who makes Nicorette Inhalator?
The Product Licence holder is McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

The manufacturer is McNeil AB, Helsingborg, Sweden.

This leaflet was revised in June 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.

Disposal

Dispose of your used inhalator cartridges safely. When a cartridge is used up, it is very important that you dispose of the empty cartridge carefully as it still contains some nicotine fixed to the plug. This nicotine is not available for inhalation and it could be harmful to children or pets if swallowed or sucked. You can return the empty cartridge to the foil tray then dispose of all the empty cartridges with your household rubbish.