

# nicorette®

microtab

— nicotine

sublingual tablet

with



## ActiveStop

Supporting you, body & mind

# A guide for users

## What you should know about nicorette® microtab (2 mg nicotine sublingual tablet)

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.

## In this leaflet

**1 What this medicine is for** *page 4*

---

**2 Before using this medicine** *page 6*

- Do not use Nicorette Microtab *page 6*
- Talk to your doctor, nurse or pharmacist *page 6*
- If you are pregnant or breast-feeding *page 7*

### **3 How and when to use this medicine** *page 9*

- How to use Nicorette Microtab *page 9*

- When to use the Nicorette Microtab *page 9*

- How to stop smoking: your choice *page 12*

  - Stopping Immediately *page 13*

    - Adults aged 18 years and over

    - Children aged 12 years and over

  - Stopping Gradually *page 17*

    - Adults aged 18 years and over

    - Children aged 12 years and over

- If you have used too many Microtabs *page 20*

- If a child has used or swallowed Microtabs *page 20*

---

### **4 Possible side-effects** *page 21*

---

### **5 Storing and disposal** *page 24*

---

### **6 Further information** *page 25*

---

### **7 Helpful tips on giving up** *page 26*

---

### **8 Nicorette ActiveStop** *page 32*

# 1 What this medicine is for

Nicorette Microtab is a nicotine replacement therapy (NRT).

It is used to relieve withdrawal symptoms and reduce the cravings for nicotine that you get when you try to stop smoking, or when you are cutting down the number of cigarettes you smoke while trying to stop smoking.

To help cut down or quit smoking you should also try to use a behavioural support programme to increase your chances of success. Details of Nicorette ActiveStop are shown in Section 8 of this booklet.

**IMPORTANT: Nicorette Microtab is a sublingual tablet which means it must be dissolved under the tongue and NOT swallowed or chewed.**

## What does Nicorette Microtab 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 Microtab, nicotine is released and passes into your body through the lining of your mouth. The nicotine released is sufficient to relieve the unpleasant nicotine 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.

**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 disease and death, not the nicotine.

## 2 Before using this medicine

### Do not use Nicorette Microtab:

- if you have an allergy to nicotine or any of the other ingredients.

### 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 page 7** *If you are pregnant or breast-feeding.*
- if you are in hospital because of heart disease (including heart attack, 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 Microtab as you may find your insulin or medication requirements alter.
- **if you are taking other medicines** such as theophylline, clozapine or ropinirole. Stopping smoking or cutting down may require the dose of these medicines to be adjusted.

**If any of these applies, talk to your doctor, nurse or pharmacist.**

### **If you are pregnant or breast-feeding**

- ▲ **If you are pregnant: ideally, you should try to give up smoking without NRT.** If you can't manage this, you can use NRT 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 Microtab, 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: ideally, you should try to give up smoking without NRT.** 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 Microtab to make sure 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

### How to use Nicorette Microtab

Place the microtab under your tongue. Allow it to slowly dissolve. This will release nicotine, which you will absorb through the lining of your mouth. Nicorette Microtab should NOT be chewed or swallowed.

### When to use the Nicorette Microtab

Below is the dosage information for the Nicorette Microtabs. This shows the number of microtabs you should be taking, when you should take them, how you should take them and the maximum amount of time you should be using Nicotine Replacement Therapy (NRT) for.

Please read the information carefully and then go to the "*How to stop smoking: your choice*" section on page 12, which will help you decide which method to use to give up smoking.

- The number of Nicorette Microtabs you use each day will depend on how many cigarettes you smoked and how strong they were. See dosing information over the page to find out the dose you should use.

## **i Children under 12 years**

Do not give this product to children under 12 years.

## **i Adults and Children 12 years and over**

**Number of Cigarettes  
you smoke per day**

**Dose of Microtabs**

**20 cigarettes or fewer**

One microtab to be taken  
every hour.

**More than 20 cigarettes**

Two microtabs to be taken  
every hour.

- Most people take between 8 to 24 microtabs per day.
- Do not take more than 40 microtabs per day. Do not exceed stated dose.
- Children aged 12 and up to 18 years should not use for longer than 12 weeks in total without asking for help and advice from a doctor, nurse or pharmacist.
- Adults aged 18 years and over should not use for more than 9 months in total without asking for help and advice from a doctor, nurse or pharmacist.

## **i** How to stop smoking: your choice

Because smoking is an addiction you may find it difficult to give up. From time to time you may still have strong urges to smoke but if you follow these recommendations, you have a good chance of quitting.

Some people may find it easier to set a date to quit and **stop smoking immediately**.

Others who are unable or not ready to stop smoking abruptly, may benefit from **gradually reducing** the number of cigarettes they smoke each day until they feel ready to stop completely.

If you are an adult you can follow either one of these options. However children should follow the guide to stopping immediately as the recommended duration of nicotine replacement therapy in children is 12 weeks maximum. The only time children should stop gradually is if they are having a problem stopping immediately and they should talk to their doctor, nurse or pharmacist beforehand.

**If you find it hard to stop using Nicorette Microtabs**, you are worried that you will start smoking again without them or you find it difficult to reduce the number of Nicorette Microtabs you are using, **talk to your doctor, nurse or pharmacist**. Remember Nicorette Microtabs are not intended as a substitute for smoking, they are an aid to give up.

Use one of the two options which follow.

### **i Stopping Immediately**

The idea is to stop smoking immediately and use the microtabs to relieve the cravings to smoke. After achieving this you then stop using the microtabs.

There is a difference in how you stop depending on whether you are aged between 12 -18 years or 18 years and over. Make sure you follow the instructions for the age range applicable to you.

### **i Adults 18 years and over**

See the following diagram which shows the basic step by step process.

The time given in step 2 is the longest amount of time it should take, and you should try to achieve your move to the next step in the shortest time possible.

Make sure you read the instructions for each step in the information which follows.

Preparation	12 weeks (3 months)	Gradually reduce usage
Step 1	Step 2	Step 3

**Step 1:** Set a date to quit and stop smoking cigarettes.

**Step 2:** Use 1 or 2 microtabs every hour to relieve your cravings. See "Dosage" section on page 11 to decide which number of microtabs is suitable for you to use.

- Use the microtabs for up to 12 weeks (3 months) to relieve your cravings to smoke.

**Step 3:** Start reducing the number of tablets you use each day.

Once you reach only one or two tablets each day you should try to stop completely.

- If you need to use the microtabs for longer than a total of 9 months, ask your doctor, nurse or pharmacist for advice.
- You might feel a sudden craving to smoke long after you have given up smoking and stopped using the Nicorette Microtabs. Remember you can use nicotine replacement therapy again if this should happen.

### **i Children aged 12 years and over**

See the following diagram which shows the basic step by step process. The time given in steps 2 and 3 are the longest time possible it should take, and you should try to achieve your move to the next step in the shortest amount of time. The total amount of time taken to stop smoking should not exceed 12 weeks.

Make sure you read the instructions for each step in the information which follows.

Preparation	8 weeks (2 months)	4 weeks
Step 1	Step 2	Step 3

**Step 1:** Set a date to quit and stop smoking cigarettes.

**Step 2:** Use 1 or 2 microtabs every hour to relieve your cravings. See “Dosage” section on page 11 to decide which number of microtabs is suitable for you to use.

- Use the microtabs for up to 8 weeks (2 months) to relieve your cravings to smoke.

**Step 3:** Start reducing the number of tablets you use each day over the next 4 week period. Once you reach only one or two tablets each day you should try to stop completely. You should make sure that you do this within the 4 weeks.

- If you need to use the microtabs for longer than the 12 weeks (3 months), ask your doctor, nurse or pharmacist for advice.

## **i** Stopping Gradually

The idea is to start gradually replacing some of your cigarettes with the microtabs. After achieving this you then give up cigarettes completely while using the microtabs. Finally you give up using the microtabs.

**There is a difference in how you stop depending on whether you are aged between 12 -18 years or 18 years and over. Make sure you follow the instructions for the age range applicable to you.**

## **i** Adults 18 years and over

See the following diagram which shows the basic step by step process. The time given for steps 2 and 3 are the longest it should take, and you should try to achieve your move to the next step in the shortest time possible.

**Make sure you read the instructions for each step in the information which follows.**

Preparation	24 weeks (6 months)	12 weeks (3 months)	Gradually reduce usage
Step 1	Step 2	Step 3	Step 4

**Step 1:** Work out how many cigarettes you smoke per day. Set a date to start reducing the number of cigarettes you smoke.

**Step 2:** Start reducing. Over the next few months, reduce the number of cigarettes you smoke by using 1 or 2 Nicorette Microtabs every hour to relieve your cravings. See "Dosage" section on page 11 to decide which number of microtabs is suitable for you to use.

- If after 6 weeks you have not reduced the number of cigarettes you smoke, ask your doctor, nurse or pharmacist for advice.
- You should aim to stop smoking completely by six months from the beginning of treatment.

**Step 3:** Stop smoking. Cut out all cigarettes and continue using the microtabs for up to 3 months to relieve your cravings to smoke.

#### **Step 4: Start reducing the use of the microtabs.**

You should try to use fewer microtabs each day. When you are using only one or two microtabs per day, you should stop completely.

- **If you need to use the product for longer than 9 months, ask your doctor, nurse or pharmacist for advice.**
- **You might feel a sudden craving to smoke long after you have given up smoking and stopped using Nicorette Microtabs. Remember you can use nicotine replacement therapy again if this should happen.**

#### **i Children aged 12 years and over**

Children should follow the guide to stopping immediately. The recommended duration of nicotine replacement therapy in children is 12 weeks maximum. The only time children should stop gradually is if they are having a problem stopping immediately. Talk to your doctor, nurse or pharmacist before attempting to stop gradually.

**⚠ If you have used too many Microtabs**

If you have used more than the recommended number of Nicorette Microtabs you may experience nausea, 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 Microtabs**

- **Contact a doctor or your nearest hospital Accident and Emergency department immediately** if a child under 12 years uses, chews, sucks or swallows a Nicorette Microtab. Take this leaflet and the pack with you.

**Nicotine ingestion by a child may result in severe poisoning.**

## 4 Possible side-effects

Like all medicines, Nicorette Microtab 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 use too few Nicorette Microtabs before you are ready to reduce your nicotine intake.

#### 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

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 of Nicorette Microtab

### Common side-effects:

*(less than 1 in every 10 people are affected)*

- headache
- dizziness
- chest palpitations
- cough
- stomach discomfort
- hiccups
- feeling sick (nausea)
- sore mouth or throat
- nasal irritation
- dry mouth
- burning sensation in the mouth

### Rare side-effects:

*(less than 1 in 1,000 people are affected)*

- Allergic reaction (swelling of the mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and inflammation of the lining of the mouth).

## Very rare side-effects:

*(less than 1 in 10,000 people are affected)*

- Abnormal beating of the heart
- 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 Microtab 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 Nicorette Microtab above 25°C.
- Do not use Nicorette Microtab after the 'Use before' date shown on the carton or blister.
- Dispose of any unused Nicorette Microtab sensibly.
- 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:  $\beta$ -cyclodextrin, crospovidone, colloidal silica and magnesium stearate.

### **What the medicine looks like**

Nicorette Microtab is blister packed in sheets of 10 microtabs, and is available in cartons containing 10, 20, 30, 90, 100, 150 or 210 microtabs.

Not all pack sizes may be marketed.

### **Who makes Nicorette Microtab?**

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 March 2009. ©**

## 7 Helpful tips on giving up

You may have tried to stop smoking before and you know from bitter experience that it's not easy to give up cigarettes.

However, you have now taken the first constructive step towards becoming a non-smoker. In overcoming your tobacco dependence you will have to tackle two problems:

- 1 **Your smoking habit.**
- 2 **Your addiction to nicotine.**

### Willpower

The overriding success factor in quitting is how determined you are. The first few weeks of quitting or reducing the number of cigarettes you smoke will probably be the most difficult because your smoking ritual is still fresh in your mind.

However, you will find that as time goes by, your willpower becomes stronger. Telling friends, family and work colleagues that you have quit smoking and that you envisage a tough time ahead will encourage them to support you.

### **1 Pick the right day**

There is never a perfect time to give up smoking, but you should plan ahead by choosing a date in the not too distant future on which you are going to give up cigarettes completely, or start reducing the number of cigarettes you smoke. Try to pick a day when you will not be too stressed.

### **2 Break your routine**

For a number of years you will have become accustomed to smoking at certain times, with particular people or in certain situations. Think about the times you will miss smoking the most and plan how you will cope on these occasions. Changing your routine will help you break the habit of smoking.

### **3 Quit with a friend**

Quitting with a fellow smoker is a good idea. It will strengthen your resolve and build on your determination.

Encourage a friend or family member to quit with you. It will give your morale a boost since there will be another person knowing exactly what you're feeling and with whom you can share your resolve to quit smoking.

#### **4 Remove any temptation**

To help yourself succeed be sure to remove all cigarettes, matches, lighters etc. from your home, car and work. Ask your friends and colleagues not to offer you cigarettes or smoke close by you but be careful not to offend them. Explain that you have given up. This type of support from friends is of greatest benefit for the first couple of weeks of quitting, as this is your most vulnerable time. The last thing you want is a cigarette close at hand in a moment of weakness.

#### **5 Take one day at a time**

When you reach your Quit Day, don't allow yourself to think that you're quitting for good. That will make it seem like a superhuman task. Just promise yourself "I won't have a cigarette today" and take it one day at a time. You'll be surprised how much that little thought helps.

## 6 Distract yourself

Whenever you feel the urge to smoke coming on, distract yourself by keeping active. Don't feel sorry for yourself. Get up and do something. Do that job around the house or garden that you've been putting off or take up a hobby.

Remember that the craving only lasts a few minutes.

## 7 Learn to relax

Once you have stopped smoking, taking exercise regularly will not only help you get fitter but will encourage you to relax. Exercise has the ability to relieve stress and tension. Taken regularly it will benefit you physically and psychologically.

If you haven't exercised for some time, take it slowly to begin with and increase the amount of time spent exercising over the course of a few weeks. Not only will exercising help you relax but it also helps to keep your weight under control, which some people find a problem when quitting.

## **8 Think cash not ash**

One of the really noticeable benefits of 'stopping' is the extra cash that's suddenly available. To emphasise the point put the money into a pot marked 'cash not ash' and watch it accumulate. But be sure to use the money to treat yourself. You deserve a reward for not smoking.

## **9 Dealing with relapses**

You might find that in times of stress, reaching for a cigarette is the only thing that will help you through. There may also be certain situations – particularly social situations such as a party – where temptation just gets the better of you, so you smoke one or two cigarettes. You might feel that your only option is to go back to smoking. Don't think of it as having failed, just think through the reasons why you wanted to quit in the first place and don't let those couple of cigarettes get the better of you. Refer back to your plan and start again. You can beat it!

## 10 If you don't succeed

**Giving up is more difficult for some people than others.**

If you fail to stop first time, don't be disheartened.

Try again at a later date – you can do it!

Remember the most successful long term ex-smokers have usually had to try several times to stop smoking – if you don't succeed – quit quit again.

## For further information

Read about Nicorette ActiveStop on the next few pages. This 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.



## 8 Nicorette ActiveStop



**Personalised support programme**

**Enrol on the internet or call  
now on 0800 244 838.**

## How can ActiveStop help me?

- Nicorette ActiveStop is an advanced, interactive online programme with mobile phone support. It has been devised by experts and is based on proven scientific principles, to help you give up smoking for good.
- It has been specially designed to be used alongside Nicorette and is on hand 24 hours a day through the internet and your mobile phone.
- Nicorette works with your body to help you deal with the physical craving for nicotine, whilst ActiveStop gives you practical daily support coaching you all the way until you've stopped smoking.

**Call now on 0800 244 838.**



## What will I get?

On your personalised ActiveStop web pages you'll have access to:

### Diary

Through a series of daily tasks, we'll guide you through managing your thoughts, feelings and behaviour and how you can plan each day so that you are ready to face whatever arises.

### Progress Monitor

The Progress Monitor brings together all of the headway you are making in one easy-to-view place. From how much money you're saving, to health facts and fitness levels, it will keep you motivated throughout the programme.

### Today's Articles

Daily articles cover a range of topics from the changes your body is undergoing to tips to cope with the inevitable cravings.

### And the Craving Help-Line

If ever you feel the urge to smoke you can call anytime day or night and by selecting the kind of problem you are experiencing, you'll be able to listen to relevant, on-the-spot advice.

**Call now on 0800 244 838.**



**ActiveStop**  
Supporting you, body & mind



**Personalised support programme**

**Enrol on the internet or call  
now on 0800 244 838.**

