

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 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.

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

if you notice any of the following allergic reactions (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) stop taking NICORETTE® Microtabs and contact a doctor immediately.

Very common side-effects:

(may affect more than 1 in 10 people):

- headache
- cough
- throat irritation
- hiccups
- feeling sick (nausea)

Common side-effects:

(may affect up to 1 in 10 people):

- allergic reactions (hypersensitivity)
- chest palpitations
- burning sensation in the mouth
- dizziness
- taste disturbance or loss of taste

- tingling or numbness of the hands and feet
- stomach pain or discomfort
- diarrhoea
- dry mouth
- indigestion
- excessive gas or wind
- increased salivation
- sore and inflamed mouth
- sickness (vomiting)
- tiredness (fatigue)
- nasal irritation
- sore mouth or throat

Uncommon side-effects:

(may affect up to 1 in 100 people):

- abnormal dream
- fast heart rate/beat
- sudden reddening of the face and/or neck
- high blood pressure
- sudden constriction of the small airways of the lung that can cause wheezing and shortness of breath
- loss or damage to voice
- shortness of breath
- blocked nose, sneezing
- throat tightness
- burping (belching)
- swollen red sore tongue
- mouth ulcers or blisters
- numbness or tingling of the mouth
- excessive sweating
- itching
- rash
- hives (urticaria)
- unusual weakness
- chest discomfort and pain
- jaw-muscle ache
- general feeling of discomfort or being unwell or out of sorts (malaise)

Rare side-effects:

(may affect up to 1 in 1,000 people):

- 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).
- difficulty in swallowing
- decreased feeling or sensitivity, especially in the mouth
- feeling of wanting to be sick (vomit)

Very rare side-effects:

(may affect up to 1 in 10,000 people):

- Abnormal beating of the heart

Other side-effects

- serious allergic reactions which cause difficulty in breathing or dizziness, swelling of the face or throat
 - blurred vision, watery eyes
 - dry throat, lip pain
 - stomach discomfort
 - redness of the skin
 - muscle tightness
 - When you stop smoking you may also develop mouth ulcers. The reason why this happens is unknown.
 - if you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at : www.mhra.gov.uk/yellowcard
- By reporting side-effects you can help provide more information on the safety of this medicine.

5 Storing and disposal

- Keep NICORETTE® Microtab out of the sight and reach 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 waste-water 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: β-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 December 2015. ©

Information about nicorette® ACTIVESTOP®

NICORETTE® ACTIVESTOP® is a support programme which works with NICORETTE® to support you, with the aim of helping you give up smoking.

All you need is internet access or download the NICORETTE® Stop Smoking App.

