

Boots NicAssist Fruit Fresh Gum (Nicotine)

Boots NicAssist Fruit Fresh 2 mg Gum

Boots NicAssist Fruit Fresh 4 mg Gum

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to help you stop smoking. However, you still need to use it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains nicotine which belongs to a group of medicines called nicotine replacement therapy (NRT). It acts to substitute the nicotine that you normally get from cigarettes and can help you stop smoking.

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

To help cut down or quit smoking you should also try to use a behavioural support programme to increase your chances of success.

When you stop smoking or cut down the number of cigarettes you smoke, your body misses the nicotine that you have been getting from the smoke. You may experience unpleasant feelings and a strong desire to smoke (“craving”).

This shows that you were dependent on nicotine. When you use the gum, nicotine is released and passes into your body through the lining of your mouth. The nicotine is sufficient to relieve the unpleasant withdrawal symptoms. It will also help to stop your craving to smoke but will not give you the “buzz” you get from 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.

Before you use this medicine

This medicine can be used by adults and children of 12 years and over. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

X Do not use:

- **If you are allergic** to any of the ingredients in this medicine (see “**What is in this medicine**”)

! Talk to your pharmacist, nurse or doctor:

- If you are in hospital because of heart disease (e.g. heart attack, problems with your heart rate or rhythm, stroke) – try to give up smoking first without using NRT. However, once you are out of hospital, if you still need help to stop smoking, you can use this medicine. For other heart conditions that do not require you to be in hospital, using NRT is better than continuing to smoke
- If you have diabetes – monitor your blood sugar levels more often when you start using this medicine. You may find that you need to adjust the amount of insulin you use, or the amount of tablets you take (ask your doctor or diabetes nurse about this)
- If you have an ulcer in your stomach or upper intestine or problems such as pain or swelling of the stomach or oesophagus (the passage between your mouth and stomach)

- If your liver or kidneys do not work properly
- If you have an overactive thyroid gland
- If you have high blood pressure due to a tumour near your kidney (your doctor may have told you that you have a condition called phaeochromocytoma)
- If you are taking other medicines regularly prescribed by your doctor (see “**If you take other medicines**”)
- If you are pregnant or breastfeeding (see “**Other important information**”)

Other important information

If you are pregnant: You should try to stop smoking without using NRT.

However, if you still need help to stop smoking, you can use this product as the risk to your baby is far less than if you continue to smoke. You should talk to your pharmacist, nurse or doctor for more advice.

NRT products that are used intermittently, such as this one, may be preferable to nicotine patches. However if you feel sick or are sick (morning sickness) the patches may be better for you. If you do use nicotine patches they should be taken off before bedtime.

If you are breastfeeding: You should try to stop smoking without using NRT.

However, if you still need help to stop smoking, you should use NRT products that are used intermittently, not patches. You should talk to your pharmacist, nurse or doctor for more advice.

Breastfeeding your baby just before you use the gum makes sure that your baby gets the smallest amount of nicotine possible.

The amount of nicotine that your baby may receive when you are using the gum or other NRT products is much smaller and less harmful than the second-hand smoke they would inhale if you smoked.

Tobacco smoke causes breathing and other health problems in babies and children. If your husband, partner or other family members smoke too, try to get them to give up with you.

Nicotine products and children: Nicotine can be very dangerous to children. The amount of nicotine tolerated by adults and adolescents can make children very ill, and can sometimes be fatal. Do not leave your gum where children may get hold of it.

Some of the ingredients can cause problems: The chewing gum base contains butylated hydroxytoluene (E321), an anti-oxidant. May cause local skin reactions (e.g. contact dermatitis) or irritation to the eyes and mucous membranes.

If you take other medicines

Before you use this medicine, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Theophylline, clozapine, ropinirole – your doctor may want to monitor the amount of medicine that you take.

When you stop smoking or cut down, your metabolism slows down. This can mean that some medicines may stay in your body longer than usual.

If you take any medicine on a regular basis, tell your doctor that you intend to stop smoking and follow his or her advice about these other medicines.

How and when to use this medicine

Check the foil is not broken before use.

If it is, do not use that gum.

When to use the gum

Read all of the following information carefully before starting to use the gum:

- Follow the instructions in the table below. The table shows how many gums you should be

using and when and how you should use the gum. It also shows you the maximum amount of time you should be using Nicotine Replacement Therapy (NRT) for

- The method of chewing the gum is NOT the same as that for ordinary chewing gum. Use the “How to chew the gum” instructions below to make sure that you correctly chew the gum to release the nicotine
- To help you decide on how to stop smoking using the gum, go to ‘How to stop smoking - your choice’

The number of gums you use each day will depend on how many cigarettes you smoke and how strong they are. See the table to find out how many to use and when to use them.

- The 2 mg gum should be used for those who smoke 20 cigarettes or fewer a day
- The 4 mg gum should be used for those who smoke more than 20 cigarettes a day. However, the 2 mg gum will also be useful for heavier smokers as they gradually start to reduce the strength and number of gums they use each day

Adults and Children of 12 years and over

Number of cigarettes you smoke per day	How many gums and when to use
20 cigarettes or fewer	One 2 mg gum as required to relieve cravings
More than 20 cigarettes	One 4 mg gum as required to relieve cravings

Most people use between 8 to 12 gums per day.
Use only one piece of gum at a time.
Don't use more than 15 gums per day.
Children aged 12 to 17 years should not use for longer than 12 weeks without asking for help and advice from a pharmacist, nurse or doctor.
Adults aged 18 years and over should not use for longer than 9 months without asking for help and advice from a pharmacist, nurse or doctor.

How to chew the gum

The method of chewing Boots NicAssist Fruit Fresh Gum is not the same as for ordinary chewing gum. If the gum is chewed all the time (continuously), the nicotine is released too quickly and is swallowed. This may irritate your throat, upset your stomach or give you hiccups.

The gum should be chewed and then rested to release the nicotine, which is taken in through the lining of the mouth.

If you have false teeth you may have difficulty chewing the gum as it may stick to them, and on rare occasions, damage dentures. If you experience a problem, other types of nicotine replacement therapy such as a skin patch, inhalator or microtab may be more suitable for you.

Chewing Technique

- 1 Chew slowly until taste becomes strong
- 2 Rest the gum between your gums and cheek
- 3 For about the next half an hour, when the taste fades, chew the gum again. After this time the gum will have lost its strength and you should dispose of it carefully

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 immediately, 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 maximum amount of time NRT should be used for in children is 12 weeks. The only time children should stop gradually is if they are having a problem stopping immediately and they should talk to their pharmacist, nurse or doctor beforehand.

If you find it hard to stop using the gums, you are worried that you will start smoking again without them or you find it difficult to reduce the number of gums you are using, talk to your pharmacist, nurse or doctor.

Remember the gums are not intended as a substitute for smoking, they are an aid to give up.

Use one of the two options which follow.

! Stopping immediately

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

There is a difference in how you stop depending on whether you are aged between 12 and 17 years or 18 years and over. Make sure you follow the age range applicable to you.

Adults of 18 years and over

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

The times given below are the longest amount of time they 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 the gum for up to 12 weeks (3 months) to relieve your cravings.** See the table to decide which strength of gum to use and when to use them.

Step 3: **Start reducing the number of gums you use each day.** You should try to use fewer pieces of gum each day. When you are using only one or two pieces per day, you should stop completely.

If you need to use the gum for longer than a total of 9 months, ask your pharmacist, nurse or doctor for advice.

You might feel a sudden craving to smoke long after you have given up smoking and stopped using Boots NicAssist Fruit Fresh Gum. Remember you can use nicotine replacement therapy again if this should happen.

Children of 12 to 17 years

See the following diagram which shows the basic step by step process. The times given below are the longest amount of time they should take, and you should try to achieve your move to the next step in the shortest time possible.

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

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

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

Step 2: **Use the gum for up to 8 weeks (2 months) to relieve your cravings.** See the

table to decide which strength of gum to use and when to use them.

Step 3: **Reduce the number of gums you use over a period of 4 weeks.** You should try to use fewer pieces of gum each day. When you are using only one or two pieces per day, you should stop completely.

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

! Stopping gradually

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

There is a difference in how you stop depending on whether you are aged between 12 and 17 years or 18 years and over. Make sure you follow the age range applicable to you.

Adults of 18 years and over

See the following diagram which shows the basic step by step process. The times 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 the gum to relieve your cravings. See the table to decide which strength of gum to use and when to use them.

! If after 6 weeks you have not reduced the number of cigarettes you smoke, ask your pharmacist, nurse or doctor 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 gum for up to 3 months to relieve your cravings to smoke.

Step 4: **Start reducing the use of the gum.** You should try to use fewer pieces of gum each day. When you are using only one or two pieces per day, you should stop completely.

! If you need to use the gum for longer than 9 months, ask your pharmacist, nurse or doctor for advice.

You might feel a sudden craving to smoke long after you have given up smoking and stopped using Boots NicAssist Fruit Fresh Gum. Remember you can use nicotine replacement therapy again if this should happen.

Children of 12 to 17 years

Children should follow the guide to stopping immediately. The recommended maximum amount of time NRT should be used for in children is 12 weeks. The only time children should stop gradually is if they are having a problem stopping immediately.

Talk to your pharmacist, nurse or doctor before attempting to stop gradually.

! **If you use too many gums:** You may get the following symptoms – feeling sick, salivation, pain in your stomach, diarrhoea, sweating, headache, dizziness, hearing disturbance,

weakness.

If this happens contact a doctor or hospital casualty department straight away. Take the medicine and this leaflet with you.

If a child under 12 accidentally uses, swallows, sucks or chews some of this medicine take them to casualty immediately. Take the medicine and this leaflet with you. Nicotine ingestion by a child may cause severe poisoning.

Possible side effects

Most people can use this medicine without any problems but sometimes you may notice some side effects. Many of these effects are due to nicotine, they may also happen when you smoke.

If you notice any of the following serious side effects, stop using the medicine, do not smoke and see your doctor as soon as possible.

- You develop a fast, slow or irregular heart beat
- You have an allergic reaction to the gum such as rash, itching or swelling of the tongue, mouth or throat (go straight to casualty if severe)

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 gums 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 when you smoke. You may be able to relieve these effects by using the gums less often.

These effects include:

- Feeling faint
- Feeling sick (nausea)
- Headache
- Hiccapping (due to swallowing too much nicotine when you chew)

Side effects of the gum

Very common side effects:

(more than 1 in every 10 people are affected)

- Headache
- Sore mouth or throat
- Jaw-muscle ache
- Stomach discomfort
- Feeling sick (nausea)
- Hiccups

Common side effects:

(less than 1 in every 10 people are affected)

- Dizziness
- Sickness (vomiting)

Uncommon side effects:

(less than 1 in every 100 people are affected)

- Hives (urticaria)
- Redness or itching of the skin
- Chest palpitations

Rare side effects:

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

- Swelling of the mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and swelling of the lining of the mouth (allergic reactions)

Very rare side effects:

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

- Abnormal beating of the heart

If any of the side effects get serious, or you notice any side effect not listed here, please tell your pharmacist or doctor.

! When you stop smoking you may also develop mouth ulcers. The reason why this happens is unknown.

How to store and dispose of this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children and animals, preferably in a locked cupboard.

Nicotine in high doses can be very dangerous and sometimes fatal if used or swallowed by small children.

Store the gum in the original pack.

Use by the date on the foil or the end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

Dispose of any used gum sensibly.

What is in this medicine

This pack contains 105 pieces of medicated chewing gum in blister strips of 15's. Each gum contains nicotine 2 mg or nicotine 4 mg, which is the active ingredient.

As well as the active ingredient, the medicated chewing gum also contains chewing gum base (containing butylated hydroxytoluene E321), xylitol, peppermint oil, sodium carbonate, acesulfame potassium, levomenthol, magnesium oxide, talc, flavour (tutti-fruti), hypromellose, sucralose, polysorbate 80, purified water, acacia, titanium dioxide (E171), carnauba wax.

The 2 mg gum also contains sodium bicarbonate. The 4 mg gum also contains quinoline yellow (E104).

None of the gums contain sugar (sucrose) or animal products.

Who makes this medicine

This product is manufactured for The Boots Company PLC Nottingham NG2 3AA by McNeil AB Helsingborg Sweden.

The Marketing Authorisation holder is McNeil Products Ltd Maidenhead Berkshire SL6 3UG. Leaflet prepared November 2009.

If you would like any further information about this product, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name	Reference Number
Boots NicAssist Fruit Fresh 2 mg Gum	15513/0136
Boots NicAssist Fruit Fresh 4 mg Gum	15513/0137

This is a service provided by the Royal National Institute of Blind People.

Helpful tips about giving up smoking

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 numbers 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 are stopping 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. 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 circumstances. 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 determination to quit smoking.

4 Remove any temptation

To help yourself succeed, be sure to remove all cigarettes, matches, lighters etc. from the home, the car, and at 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 Keep active

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 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

After you have stopped smoking 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 again.