

140mm

124mm

product - this helps your baby to get the smallest is better to breastfeed just before you take the harmful than breathing in second-hand smoke. It of nicotine your baby may get is smaller and less and children. If you need to use NRT, the amount breathing difficulties and other problems in babies If you are breast-feeding tobacco smoke causes for only 2 to 3 months.

On in your pregnancy as possible. Aim to use NRT

The decision to use NRT should be made as early

amount of nicotine possible.

There are no known effects of these lozenges on Driving and using machines taking any medicine. Ask your doctor or pharmacist for advice before

.vew sint ni cause behavioural changes that could affect you you should be aware that giving up smoking can your ability to drive or use machines. However,

aspartame, mannitol and sodium. NiQuitin Mint 2mg and 4mg Lozenges contain

Aspartame (E591): This medicine contains 6.1mg essentially sodium tree. 1 mmol sodium (23mg) per lozenge, that is to say Sodium: This medicinal product contains less than?

have phenylketonuria (PKU), a rare genetic source of phenylalanine. It may be harmful if you aspartame in each lozenge. Aspartame is a

faking or have recently taken any other medicines, the body cannot remove it properly. disorder in which phenylalanine builds up because

Your lozenges are sugar free. Mannitol (E421): May have a mild laxative effect.

## 3. How to take NiQuitin Mint

minutes of waking. NiQuitin Mint 2mg Lozenges suitable for smokers who smoke within 30 Important: NiQuitin Mint 4mg Lozenges are Sage 4mg Lozenges

Always use Nicotine Lozenges exactly as .dn 6uixisw cigarette of the day more than 30 minutes after are suitable for smokers who have their first

pharmacist if you are not sure. described in this leaflet. Check with your

In all cases you should use NiQuitin Mint the mouth from where it is absorbed into the body. the nicotine in the lozenge is released slowly into The product is for oromucosal use. That means that

รอาทนเพ 2 dissolved. This should take around 20-30 your mouth to the other, until it is completely and from time to time move it from one side of Lozenges by putting one lozenge in your mouth

oesobyedne); borborygmus (rumbling hernia, oesophagitis (inflammation of the

nasal congestion

localised numbress

discomfort

vascular disorder, flushing

palpitations (feeling your heartbeat)

peptic nicer, gastroesophageal reflux, hiatus

coughing, nasal irritation, throat irritation,

asthma, lower respiratory tract infection,

laryngismus (throat spasms), aggravated

abnormal hunger, mood swings, wakefulness

• anger, aggravated anxiety, abnormal dreaming,

diudival bleeding (bleeding gums), nosebleed

• asthenia, fatigue, malaise, influenza like illness

diarrhoea, belching, flatulence (wind), abdominal

irritation, mouth ulceration, tongue ulceration, vomiting, hearburn, indigestion, hiccup, mouth condu, hiccups, dyspnoea (shortness of breath)

insomnia (difficulty sleeping), anxiety, irritability,

Common may affect up to 1 in 10 people:

Very common may affect more than 1 in 10

on the likelihood with which they can occur:

Other side effects are listed below- they are based

symptoms which include sudden wheeziness or

tightness of the chest, rash and feeling faint).

Very rare may affect up to 1 in 10,000 people:

peptic (stomach) ulcer, belching, abdominal

Uncommon may affect up to 1 in 100 people:

Stop taking the lozenges immediately and

irritability, anxiety and night-time awakening.

condh and cold-like symptoms, depression,

are similar to those you might get from the

4. POSSIBLE SIDE EFFECTS

product, ask your doctor or pharmacist.

tell a healthcare professional if you get these

such as dizziness, headache, sleep disturbance,

nicotine in cigarettes, and are more likely the more

It you have any turther questions on the use of this!

Stopping smoking itself can cause symptoms

effects although not everybody gets them. They

Like all medicines, this medicine can cause side

dysphagia (difficulty swallowing)

pain, vomiting, loss of appetite,

tachycardia (heart beating too fast)

Uncommon may attect up to 1 in 100 people

pain upper, dry mouth, constipation, oral

tremor, pharyngitis (sore throat)

increased appetite

peadache, dizziness

e ususes

:smotqmys

ncorine you take.

:əjdoəd

i ne earlier you stop smoking the better.

brotessional to help you stop smoking.

raking this medicine.

food and drink

səbuəzo7 but

broduct

Children and adolescents

responds to certain medicines.

Other important information:

4 "Possible side effects").

'afir

prescription.

NRT may be recommended by a healthcare

These include poor growth before birth, premature Smoking during pregnancy has risks for the baby.

However, it you have thed and this has not worked,

You can give up smoking without the use of NRT.

If you are pregnant or breast-feeding it is best if

sak your doctor or pharmacist tor advice beiore

way be pregnant or are planning to nave a baby,

It you are pregnant or breast-reeding, think you

Pregnancy, breast-teeding and tertility

Vp to 15 minutes before the lozenge is used.

Do not eat or drink while a lozenge is in the

including medicines obtained without a

mouth such as coffee, juices and soft drinks, for

IW SAPERATE CONTRACTION IN THE PART OF THE PART OF

Please tell your doctor or pharmacist if you are

Other medicines and NiQuitin Mint 2mg and

luse in children and adolescents under 12 years of

ViQuitin Mint 2mg and 4mg Lozenges are NOT for

down and this may alter the way your body

When you stop smoking your metabolism slows

or think you have become dependent on this

been reported in association with nicotine

have any concerns about becoming dependent

of epilepsy (fits) as cases of convulsions have

are taking anti-epileptic drugs or have a history

• have had allergic reactions (see also section

lozenges may vary them more than usual

• are diabetic, as diabetic patients need to

of the adrenal gland that can affect blood

gland or phaeochromocytoma (a tumour

have an uncontrolled, over active thyroid

tube leading from the mouth to the stomach,

have a stomach ulcer or inflammation of

the oesophagus (oesophagitis), which is the

NBT can make symptoms worse

nicotine from smoking or from taking these

monitor blood sugar levels more closely as

pressure). Nicotine may make symptoms worse

mouth. Avoid liquids which lower the pH in the

to improve both your nearth and that of your paby. birth or stillbirth. Stopping smoking is the pest way

protessional for advice. in total, you should ask a healthcare sand 4mg Lozenges for longer than 6 months you teel the need to use MiQuitin Mint 2mg

Do not chew the lozenge or swallow it whole. It

than 15 lozenges in one day (24 hours). instructions carefully and do not use more Do not exceed the stated dose. Follow the

he recommended treatment schedule is: Adults (aged 18 years and over):

Weeks 1 to 6 STEP 3 2LEP 2 STEP 1

I Iozenge every |1 Iozenge every |1 Iozenge every rreatment period rreatment period treatment period nwob qət2 Step down bitin Weeks 7 to 9 Weeks 10 to 12

During weeks 1-6 it is recommended that you 1 to 2 hours 2 to 4 hours 4 to 8 hours

After you have given up you may sometimes feel a • anaphylactic reactions (severe allergic reaction take at least 9 lozenges per day.

Adolescents (aged 12-17 years inclusive): lozenge again if this happens. sudden craving for a cigarette. You can use a

Children under 12 years of age should not following advice from a healthcare protessional yon should only use NiQuitin Mint Lozenges

.segnesol triM nitiuQiN esu

Information: You are more likely to

doctor, a trained counsellor, or a with help from your pharmacist, dnif smoking when using this product

support programme.

Lozenges than you should °f you use more NiQuitin Mint 2mg and 4mg

It you take more than the recommended number

sickness, stomach pains and diarrhoea. doctor. Signs of overdose include headache, by by by by by beed to get advice from your of lozenges per day, you may suffer a nicotine

immediately as this could be fatal. If possible doctor or nearest hospital casualty department if an accidental overdose occurs, contact your In the event that a child has taken any lozenges or

If you forget to take NiQuitin Mint 2mg and

lorgotten dose. Do not take a double dose to make up for a

səbuəzoŋ but

show them the pack or this leaflet.