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BRAND <b>NICORETTE</b>	DESIGN <b>SPRUCE</b>	COLOR  BLACK
PRODUCT <b>ONS 1mg CB Leaflet</b>	VERSION <b>MAN-I</b>	 PMS 355
COMPONENT CODE <b>651641</b>	REPLACED COMP CODE --	ADDITIONAL INFORMATION
MARKET <b>GB</b>	DIELINE / TECH DRAWING REFERENCE <b>CH020040      558x179      10 pt</b>	

# nicorette®

QuickMist Cool Berry  
1mg/spray mouthspray  
nicotine

What should you know about  
nicorette® QuickMist Cool Berry  
mouthspray

(nicotine 1mg per spray)

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**

## nicorette®

QuickMist Cool Berry 1mg/spray mouthspray  
Nicotine

PACKAGE LEAFLET:  
INFORMATION FOR THE USER

651641



or pharmacist. Possible side-effects are  
listed in section 4.

**1 What this medicine is for**  
NICORETTE® QuickMist is a nicotine  
replacement therapy (NRT). It is used  
to relieve and/or 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® mouthspray to achieve  
this by using it to completely replace all  
your cigarettes. However NICORETTE®  
mouthspray can also be used in other  
ways,

- if you feel unable to stop smoking  
completely, or wish to replace certain  
cigarettes, it can therefore help you to  
cut down the number of cigarettes you  
smoke.
- at those times when you can't and do  
not want to smoke. For example,
  - Where you don't want to smoke and want  
to 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 support programme will  
increase your chances of success.

**What does NICORETTE® QuickMist  
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® QuickMist, nicotine  
passes rapidly into your body through  
the lining of your mouth. This relieves the  
unpleasant 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. For the best  
effect, ensure that you use NICORETTE®  
QuickMist correctly – see "How to Use  
NICORETTE® QuickMist."

**Benefits you can get from using  
NRT instead of smoking**

For the best effect, ensure that you use  
NICORETTE® mouthspray correctly – see  
"How to Use NICORETTE® QuickMist."

**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 diseases and death,  
not the nicotine.**

- **You may think that** smoking helps  
relieve feelings of anxiety and stress,  
but it does not deal with the cause of  
the stress and leads to a number of  
serious diseases. In addition, the  
feeling of relaxation after smoking is  
temporary, with withdrawal symptoms  
and cravings soon returning. Nicotine  
replacement therapy can **help relieve  
nicotine withdrawal symptoms such  
as irritability, low mood, anxiety,  
restlessness and cravings** when  
used in place of cigarettes.
- **NRT may benefit** smokers who want  
to quit, by helping to **control weight  
gain** that may be experienced when  
trying to stop smoking. Use of NRT is

safer than smoking tobacco but as  
soon as you are ready, you should aim  
to stop smoking completely.

## 2 Before using this medicine

**Do not use nicorette® QuickMist:**

- if you have an allergy to nicotine or  
any of the other ingredients.
- if you are under 12 years of age.

**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 "If you are  
pregnant or breast-feeding" section.
- if you are in hospital because of heart  
disease (including heart attack, chest  
pain, disorders of heart rate or rhythm,  
angina, high blood pressure 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  
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®  
QuickMist as you may find your insulin  
or medication requirements alter.

- if you are taking any other  
medicines such as theophylline,  
clozapine or ropinirole. Stopping  
smoking may require the dose of these  
medicines to be adjusted.

► If any of these apply, talk to your  
doctor, nurse or pharmacist.

**Important information about  
some of the ingredients**

NICORETTE® QuickMist Cool Berry  
contains small amounts of ethanol  
(alcohol), less than 100 mg per spray.

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

If you are pregnant:

- 1) **Firstly, you should try to give up  
smoking without NRT. Stopping  
completely is by far the best option.  
The earlier and quicker you do this  
the better it is for you and your baby.**
- 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 NICORETTE® mouthspray  
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:

- 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 (not  
patches), however you should talk to**

your doctor, nurse or pharmacist for  
advice. Breast-feed just before you  
use NICORETTE® mouthspray to  
ensure 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

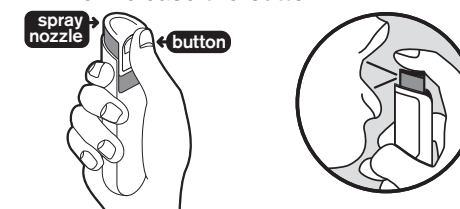
Follow the instructions and study the  
pictures below to ensure you use  
NICORETTE® QuickMist correctly.  
Care should be taken not to spray the  
eyes whilst administering the spray.

**TO UNLOCK NOZZLE**



### Opening nicorette® QuickMist

1. Use your thumb to slide down the  
button (a) until it can be pushed lightly  
inwards (b). Do not push too hard.
2. While pushing in, slide upwards (c) to  
unlock the top of the dispenser.  
Then release the button.



### Priming nicorette® QuickMist

If you are using NICORETTE® QuickMist  
for the first time or if you have not used  
the spray for 2 days, you must first prime  
the spray pump.

- Point the spray safely away from you  
and any other adults, children or pets  
that are near you.
- Press the top of the QuickMist with  
your index finger 3 times until a fine  
spray appears.

Note: priming reduces the number of  
sprays you may get from NICORETTE®  
QuickMist.

### How to use nicorette® QuickMist

3. Point the spray nozzle towards your  
open mouth and hold it as close to your  
mouth as possible.
4. Press the top of the dispenser to  
release one spray into your mouth. Do  
not inhale while spraying to avoid getting  
spray down your throat. For best results,  
do not swallow for a few seconds after  
spraying.

**TO RETRACT NOZZLE**



### How to close nicorette® QuickMist

5. Slide the button down (d) until it can  
be pushed inwards (e)
6. While pushing in, slide the top of the  
dispenser downwards (f). Release the  
button. The QuickMist spray is now closed.  
Close the QuickMist spray every time  
after use to prevent use of the spray by  
children and accidental spraying.

▲ Care should be taken not to spray the eyes  
whilst administering the mouthspray. **If you  
get spray in your eye(s), rinse thoroughly  
with water.**

▲ **Do not eat or drink when administering  
the mouthspray.**

### When to use nicorette® QuickMist

If you are able to stop smoking you  
should use the mouthspray, when  
needed, in place of cigarettes. As soon  
you can (this could be after a number of  
weeks or months) you should reduce the  
number of sprays until you have stopped  
using them completely.

If you are unable to stop smoking or do  
not feel ready to quit at this time, you  
should replace as many cigarettes as  
possible with the mouthspray. There are  
toxins in cigarettes that can cause harm  
to your body. NICORETTE® QuickMist  
provides a safer alternative to smoking,  
for both you and those around you.  
Reducing the amount of cigarettes may  
also help you to become more motivated  
to stop smoking. As soon as you are  
ready you should aim to stop smoking  
completely.

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

## 📌 Below is the dosage information for nicorette® mouthspray

### 👶 Children under 12 years

Do not give this product to children under 12 years.

### 👤 Adults and children aged 12 years and over

Age	Dosage
Adults and children aged 12 years and over	<ul style="list-style-type: none"> <li>It is important to use enough nicotine spray to control cravings.</li> <li>Use one spray first when you would normally smoke a cigarette or have cravings to smoke.</li> <li>If your cravings do not disappear within a few minutes use a second spray.</li> <li>If 2 sprays are required to control cravings, future doses may be delivered as 2 consecutive sprays.</li> <li>Most smokers will require 1 - 2 sprays every 30 minutes to 1 hour.</li> <li>Do not use more than 2 sprays per dose or 4 sprays every hour. Do not use more than 64 sprays per day – this is equivalent to 4 sprays per hour for 16 hours.</li> </ul>
	<ul style="list-style-type: none"> <li>Do not use more than 2 sprays per dose or more than 64 sprays per day – this is equivalent to 4 sprays every hour for 16 hours.</li> </ul>

### ⚠️ If you have used too much nicorette® QuickMist Cool Berry

If you have used more than the recommended amount of NICORETTE®

QuickMist or have smoked whilst using NICORETTE® QuickMist, you may experience nausea (feeling sick), 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 nicorette® QuickMist

■ **Contact a doctor or your nearest hospital Accident and Emergency department immediately** if a child under 12 years uses or swallows this medicine. Take this leaflet and the pack with you.

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

## 4 Possible side-effects

Like all medicines, NICORETTE® QuickMist Cool Berry 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 under use NICORETTE® QuickMist Cool Berry before you are ready to reduce your nicotine intake.

### 📌 These effects include:

- irritability or aggression

- impatient or frustrated
  - 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
  - constipation
  - bleeding gums
  - dizziness or light-headedness
  - sore throat, stuffy or runny nose
- When you stop smoking you may also develop mouth ulcers, cough and/or symptoms of a common cold. The reason why this happens is unknown.

### ■ Side-effects for nicorette® QuickMist

If you notice any of the following; fast heart rate/beat, abnormal beating of the heart, palpitations, shortness of breath or allergic reactions (swelling of the face, mouth, lips, throat and tongue, itching of the skin, swelling of the skin, ulceration and inflammation of the lining of the mouth, difficulty in breathing and dizziness) stop taking NICORETTE® QuickMist and contact a doctor immediately.

### ■ Very common side-effects:

(may affect more than 1 in 10 people):

- hiccups (these are particularly common)
- throat irritation
- headache
- feeling sick (nausea)
- cough

### ■ Common side-effects:

(may affect up to 1 in 10 people):

- allergic reactions (hypersensitivity)
- burning sensation in the mouth
- dizziness
- taste disturbance or loss of taste
- tingling or numbness of the hands and feet
- toothache
- stomach pain or discomfort
- excessive gas or wind
- vomiting
- dry mouth
- indigestion
- diarrhoea
- tiredness (fatigue)
- sore and inflamed mouth
- increased salivation

### ■ Uncommon side-effects:

(may affect up to 1 in 100 people):

- abnormal dream
- 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
- 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)
- dry skin
- muscle and bone pain
- mouth and throat pain
- sneezing
- runny nose
- blocked nose
- inflammation of the gums

### ■ Rare side-effects

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

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

### ■ The following side-effects may also occur:

Other side-effects can include:

- blurred vision, watery eyes
- dry throat, lip pain
- stomach discomfort
- redness of the skin
- muscle tightness

➤ **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](http://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® QuickMist Cool Berry 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 above 25°C.
- Do not use NICORETTE® QuickMist after the 'Use before' date shown on the back on the pack.
- Dispose of used NICORETTE® QuickMist sensibly and away from children and animals. 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: propylene glycol, anhydrous ethanol, trometamol, poloxamer 407, glycerol, sodium hydrogen carbonate, levomenthol, Red Fruits flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water.

### ■ What the medicine looks like

NICORETTE® QuickMist Cool Berry consists of a plastic bottle of solution held in a dispenser with a mechanical spray pump. Each bottle contains 13.2 ml of solution which provides at least 150 sprays, each spray containing 1 mg nicotine. NICORETTE® QuickMist Cool Berry is supplied in packs of either 1 or 2 dispensers.

Not all pack sizes may be marketed.

### ■ Who makes nicorette® QuickMist Cool Berry?

The Product Licence holder is McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

The manufacturer is McNeil AB, Helsingborg, Sweden.

This leaflet was prepared in January 2018. ©