

# NICOTINE NASAL SPRAY 10mg per ml

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**Medication together with behavioral counseling gives you the best chance of quitting tobacco.**

## WHAT DOES THIS MEDICATION DO?

The nicotine nasal spray provides nicotine to help you stop using tobacco by decreasing withdrawal symptoms. The nasal spray may be combined with nicotine patch. Medication is recommended along with behavioral counseling for an even greater chance of staying quit.

## HOW DO I USE IT?

- Set a date when you intend to stop using tobacco (quit date).
- Begin using the nasal spray on your quit date.
- Before first use, prime the nasal spray:
  - Use a tissue or paper towel to cover the top of the spray.
  - Press up on the bottom of the nasal spray 6-8 times until a fine spray is seen.
  - When you see the fine spray, the nasal spray is ready to use.
  - If not used for over 24 hours, you may need to prime the nasal spray again.
- **To use the nasal spray:**
  - Blow your nose to clear it if needed. Tilt your head slightly backwards.
  - Insert tip of bottle into nostril as far as it is comfortable. Continue breathing through your mouth.
  - Point the tip of the nasal spray towards the outside of your nostril to avoid irritation.
  - Spray once in each nostril.
    - › Do not sniff or inhale while spraying.
    - › After spraying, if nose runs, gently sniff to absorb the nasal spray.
    - › Wait 2-3 minutes before blowing nose.
  - Wait 5 minutes before driving. Some people may experience sneezing, coughing, watery eyes, or runny nose.
- 1 spray in each nostril is equal to one dose.
- **First week: Use at least 10 doses per day.** Maximum is 5 doses per hour or 40 doses per day.
- Each week: Self-assess and slowly decrease use.
- Goal: Decrease use over 3-4 months, or longer if needed. Talk with your healthcare provider about your goals for decreasing dose of nasal spray.
- If you slip up and use tobacco, continue using the nasal spray and try not to use tobacco.
- Store nasal spray at room temperature (59° F to 86° F).

## WHAT ARE THE POSSIBLE SIDE EFFECTS?

- May cause irritation in the nose and throat leading to sneezing, coughing, runny nose, or watery eyes. These side effects should go away after a few days.
- Shortness of breath is rare. If you have allergic rhinitis, asthma, chronic nasal problems, or chronic obstructive pulmonary disease (COPD), consult your healthcare provider before using.

**If you are in crisis, call: 988 or 1-800-273-TALK and press 1 to talk to someone now.**