

# NICOTINE GUM 2 mg, 4 mg

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

## WHAT DOES THIS MEDICATION DO?

Use the nicotine gum as needed to manage breakthrough cravings and urges to use tobacco. Participating in behavioral counseling while using this medication will increase your likelihood of staying tobacco-free.

## HOW DO I USE IT?

- Unlike what you do with regular gum, bite down slowly a few times until you feel a slight tingling in your mouth.
- Park the gum between your cheek and gum. Leave it there for about one minute so you can absorb the nicotine.
- Repeat biting and parking until the taste or tingle is gone. One piece of gum lasts 20–30 minutes.
- Do not bite down too quickly on the gum or swallow the nicotine.
- Avoid eating or drinking anything acidic 15 minutes before using the gum or during use.
- You may start with up to 24 pieces of gum per day and then reduce over time.
- If you slip up and use tobacco while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco. Call your VA provider, the **1-855-QUIT-VET** tobacco quitline (**1-855-784-8838**), or attend a tobacco cessation group to help you get back on track.

## WHAT ARE THE POSSIBLE SIDE EFFECTS?

- May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting. Proper gum use can help to avoid these side effects.
- If you have any intolerable side effects, stop using the gum and contact your healthcare provider.

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

