Nicotine Gum Directions:

 Please do not share gum with other students.

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**You will Use the gum to help with withdrawal symptoms** as we decrease the nicotine dose over the next several Months. Once you stop you should not use any nicotine containing product while using the gum or patch the combination will expose you to very elevated doses of nicotine and make you feel very sick.

1. It is best to avoid acidic foods and drink (coffee tea juice tomato- based products) about 15 minutes before you have the gum and while chewing the gum. Acidic foods will decrease the effectiveness of the gum.
2. Nicotine replacement gum is not chewed like regular gum. Chew for a few minutes until you have a peppery taste or feel a tingling on the gum then park. (This will be a minute or so) Once the feeling goes away then chew a bit more. One piece of gum lasts about 30-40 minutes. The gum works by being parked. It is not chewing gum. The nicotine is absorbed through the mucous membranes in the mouth. Rotate the parking spot around your mouth to avoid the development of sores in the mouth.
3. Do not chew too fast.
4. Only one piece of gum at a time.
5. Most people will need 8-12 pieces a day. You will feel best if you can keep track and find a schedule. People who have used high doses of nicotine may use the gum every 1-2 hours initially….
6. It will help you to pay attention to times you seem to crave it most then we can work to develop strategies to manage cravings.
7. People often have increased craving when they are hungry, tired,or stressed. Attend to self-care! This is very important and speaking with your counselor about these issues will be very important.

Most folks tolerate gum very well. Many Side effects will go away as your body gets used to the decreased dose of nicotine. Side Effects Include:

* Mouth sores
* Mouth Irritation
* Jaw Achiness
* Dizziness
* Heartburn
* Headache
* Hiccups
* Nausea
* Upset Stomach

Let a healthcare professional know if these do not resolve.