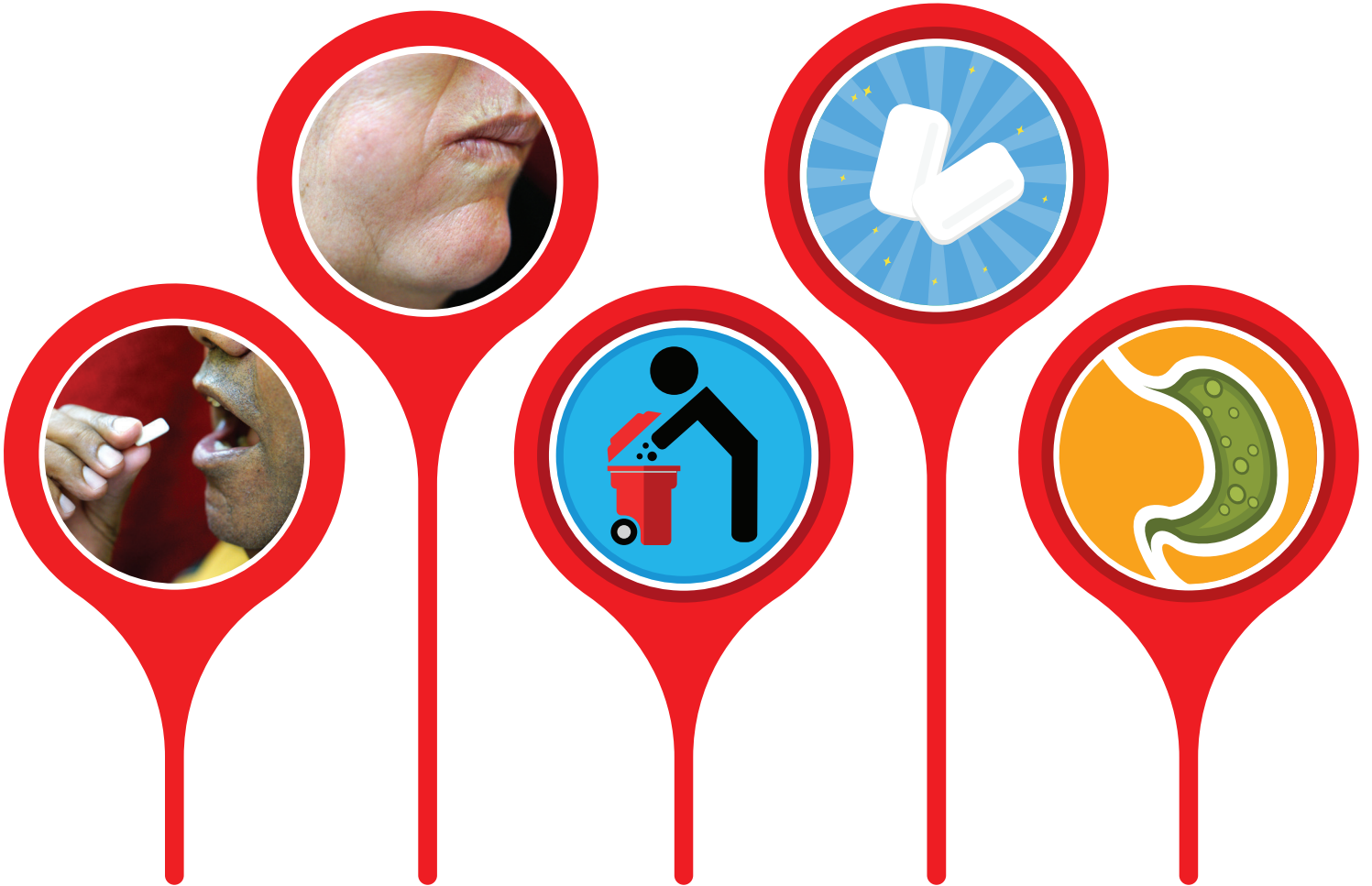




Nicotine Replacement Therapy: Gum



NRT Gum is a piece of gum that contains nicotine



Put one piece of gum into your mouth.

Chew it 2 or 3 times until you get a taste, then put it at the side of your mouth between your teeth and cheek and keep it there.

When the gum loses its flavour, chew again and park between your teeth and cheek.

If you can't taste anything - the gum has finished working. Take it out of your mouth and put it in the garbage bin.

Do not use more than 12 pieces of NRT gum in a day.

Can I use Nicotine gum with Nicotine patches?

Yes you can!

What happens if I chew the NRT gum like normal chewing gum?

You will get the hiccups or feel sick in the stomach. Remember to chew 2 or 3 times and put to the side of your mouth between your teeth and cheek.



- Ⓞ **Do not eat or drink for 10-15 minutes before and after using gum.**
- Ⓞ **Do not use gum if you have dentures or braces.**
- Ⓞ **Nicotine can hurt children and pets. Remember to put chewed gum in the garbage bin.**
- Ⓞ **Talk to your Doctor, Nurse, Pharmacist or Health Professional if you need to know more.**