



Nicotine Replacement Therapy: Inhalator



NRT Inhalator is a small white plastic mouthpiece that has a nicotine cartridge inside



What is a NRT Inhalator?

It is a small white plastic mouthpiece that has a nicotine cartridge inside.



How do I make the inhalator work?

Take little 'sips' or 'puffs' from the mouthpiece and hold the 'sip' or 'puff' in your mouth. You can have a few 'sips' or 'puffs' at a time to help with your cravings.

Do not draw back like you would a cigarette as this may give you a sore throat.

I cannot taste anything and it feels like the inhalator is not working

The cartridge is empty and it is time to put a new cartridge in the inhalator.

How many cartridges can I have in one day?

Do not use more than six cartridges in a day.

Can I still smoke with the inhalator?

Yes you can, but you may find you don't want to smoke as much.

Can I use my inhalator and nicotine patches?

Yes you can!



- Wash the mouthpiece with warm soapy water and leave to dry each week.
- Do not eat or drink for 10-15 minutes before or after using the inhalator.
- Nicotine can hurt children and pets. Remember to throw used cartridges in the garbage bin.
- Talk to your Doctor, Nurse, Pharmacist or Health Professional if you want to know more.