



# Nicotine Replacement Therapy: Mini Lozenges 1.5mg & 4mg



NRT Mini Lozenge is a small tablet containing nicotine



## What do I do with the Mini Lozenge?

- Put it in your mouth.
- Roll it around until you get the taste of it, then put it between your teeth and cheek. Let it stay there until it is all gone.



### Can I still smoke with a mini lozenge?

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

### Can I use a mini lozenge with nicotine patches?

Yes you can.

### How many mini lozenges can I have in one day?

Do not have more than 15 mini lozenges in a day.

### Why do I get the hiccups or feel sick when I use a mini lozenge?

You will get the hiccups or feel sick in the stomach if you suck or chew the lozenge. Remember to roll the lozenge around in your mouth then put it between your teeth and cheek.



- Do not eat or drink when the lozenge is in your mouth
- Do not eat or drink for 10 minutes before or after having a lozenge
- Nicotine can hurt children and pets. Do not leave your lozenges where pets or children can reach them.
- Talk to your Doctor, Nurse, Pharmacist or Health Professional if you want to know more