



Nicotine Replacement Therapy: Mouth Spray



NRT Mouth Spray is a small container that sprays nicotine into your mouth



What do I do with the Mouth Spray?

- Shake the container and then spray under your tongue or into the inside of your cheek.



How do I use the spray?

Shake the container. To open, press the button in and up to lock into place. Then push on top of container to spray. You don't want it to squirt – you want it to spray like a mist each time you use it.

Where do I put it?

You spray it under your tongue or into the inside of your cheek. If you get a lot of spit in your mouth, hold for as long as you can then spit it into a tissue.

Can I still smoke with the spray?

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

How many sprays can I have in a day?

Do not have more than 64 sprays in a day.

Can I use the spray with nicotine patches?

Yes you can.



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