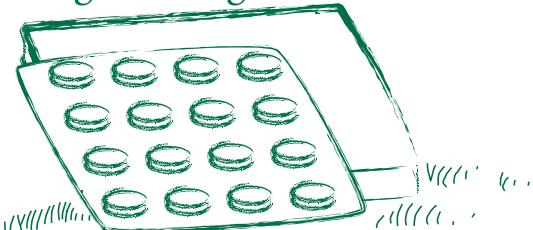


Using the Nicotine Lozenge (Commit)®



California
Smokers'
Helpline
1-800-NO-BUTTS

Nicotine lozenges help smokers slowly get off nicotine. They are sugar-free. Used the right way, they give you a steady stream of nicotine. This may help you feel better during your first weeks of quitting smoking.



Getting the Lozenges

Drugstores sell them, either over the counter or by prescription. They cost about \$55 for 72 lozenges. Some insurance companies cover the cost. You may need to have a prescription and be in an approved quit-smoking program.

The Right Dose and Schedule

Talk with your doctor. A general guide:

- If you smoke your first cigarette more than 30 minutes after waking, use the 2 mg. lozenges.
- If you smoke your first cigarette within 30 minutes of waking, use the 4 mg. lozenges.
- **Do not use more than 20 lozenges a day.**

Sample 10-12 week program:

Weeks 1-6	1 lozenge every 1-2 hours
Weeks 7-9	1 lozenge every 2-4 hours
Weeks 10-12	1 lozenge every 4-8 hours

Getting Started

- As soon as you quit smoking, start using the lozenges on a regular schedule. DON'T wait until you get a craving.
- Put one lozenge in your mouth. Let it dissolve slowly. Move it from side to side. Make it last 20-30 minutes. Your mouth may tingle or feel warm.
- Do not chew or swallow the lozenge

Important Tips

- Talk with your doctor first if you have had:
heart disease irregular heart beat
a stomach ulcer a recent heart attack
- Check with your health advisor if you are:
pregnant breast feeding
- Do not eat or drink 15 minutes before using a lozenge, or while it is in your mouth.
- Do not use tobacco, nicotine patches, or nicotine gum with lozenges. This can push your heart rate or blood pressure too high.
- These common side effects should go away as your body adjusts:
nausea gas cough
hiccups heartburn headache
 insomnia
- Stop using the lozenges and see your doctor if you get:
mouth problems lasting indigestion
severe sore throat irregular heart beat
or symptoms of too much nicotine:
nervousness dizziness
shakiness upset stomach

Remember:

It's YOU - not the lozenge - doing the work. The lozenges are just a tool to help. Make sure you plan for trigger situations. And give yourself credit for every day you don't smoke!