

Knowledge, Motivation, Coping skills

Can nicotine chewing gum* help me quit smoking?

*Chargeable service at UNH Health Services

The goal of nicotine gum is to keep cravings for cigarettes to a minimum. Nicotine gum releases small amounts of nicotine into the body. It is meant to help curb withdrawal symptoms and to make it easier to conquer nicotine addiction.

How to use nicotine gum:

1. Quit smoking. Choose a quit day and then start the gum.
2. Chew gum only until you notice the slight peppery taste. This is the nicotine being released. Place the gum between your cheek and gum so the nicotine can be absorbed.
3. Chew and park every 4-5 minutes for 30 minutes, until you can no longer sense the peppery taste. Place the gum in a different spot in your mouth every time.

Success rate of nicotine gum:

Success rates vary. The gum is meant to help to lessen nicotine withdrawal symptoms. It should only be a PART of what you do to quit smoking. You will also need knowledge, motivation, and coping skills to quit for good.

What are the side effects?

sore jaw, sore throat, mouth
irritation, heartburn, nausea.
rapid heart beat

Can I get hooked on the gum?

Only 5% of all individuals who chew the gum continue using it past the 12 week treatment period. The gum should be used to keep a steady amount of nicotine in your system throughout the day, similar to the level smoking would provide. The dose of the gum is tapered over a 12 week schedule to reduce the likelihood of becoming dependent.

Taper Schedule

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

(Decreasing to quit)

REMINDER:

*Do not drink any liquids except water while the gum is in your mouth

*Beverages like coffee and soda that are acidic should be avoided 15 minutes before and during use of gum

*You should always use under medical supervision