## Overview: Nicotine Replacement Therapy Products

Available through the Idaho Quitline (1-800-Quit-Now) or at www.projectfilter.org

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| Nicotine Gum (2mg or 4mg)   | • Use caution with dentures.  
                             • Do not eat or drink 15 minutes before or during use.                   | • Mouth soreness          | • If user smokes > 30 minutes after waking: 2mg                        | • Pre-quit: Use up to 6 months before quit date with smoking reduction.  
                                             • If user smokes ≤ 30 minutes after waking: 4mg                         | • Generic  
                             • Nicorette®                                                            | OTC only:                                                        |
| Nicotine Lozenge (2mg or 4mg)| Do not eat or drink 15 minutes before or during use.  
                             Use only one lozenge at a time.                                        | • Hiccups                  | • If user smokes > 30 minutes after waking: 2mg  
                                             • If user smokes ≤ 30 minutes after waking: 4mg  
                                             • Weeks 1-6: 1 every 1-2 hours  
                                             • Weeks 7-9: 1 every 2-4 hours  
                                             • Weeks 10-12: 1 every 4-8 hours                                          | 3 to 6 months                                                                                           | OTC only:                                                        |
|                             | Limit: 20 in 24 hours                                                             | • Cough                   | • Local skin reaction                                                  |                                                                                                           | • Generic  
                             • Commit®                                                               |                                                |
|                             |                                                                                  | • Heartburn                | • One patch per day  
                                             • If ≥ 10 cigarettes per day:  
                                             • Weeks 1-4: 21mg  
                                             • Weeks 5-8: 14mg  
                                             • Weeks 9-12: 7mg                                                   | • Pre-quit: Use up to 6 months before quit date with smoking reduction.  
                                                                   • Post-quit: Use up to 12 weeks, although it is safe in most cases for patients to use longer.  
                             |                                                                                  | • Insomnia                 |                                                                                                           | OTC or by prescription:  
                             |                                                                                  |                                                                         | • Generic  
                             • Nicoderm CQ®  
                             • Nicotrol®                                                            |                                                |

- Note: Subject to availability. Other eligibility requirements apply. Per-registrant NRT benefit period is 12 months.