

# NICOTINE LOZENGE 2 mg, 4 mg

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**Medication together with behavioral counseling gives you the best chance of quitting tobacco.**

## WHAT DOES THIS MEDICATION DO?

Use the nicotine lozenge as needed to manage breakthrough cravings and urges to use tobacco. Participating in behavioral counseling while using this medication will increase your likelihood of staying tobacco-free.

## HOW DO I USE IT?

- Begin using the lozenge on your quit date.
- Let the lozenge dissolve in your mouth near your cheek and gum.
- Rotate the lozenge to different parts of the mouth. One lozenge lasts 20–30 minutes. A mini lozenge lasts 10–15 minutes.
- Do not chew or swallow the lozenge.
- Avoid eating or drinking anything acidic 15 minutes before using the lozenge or during use.
- You may start with up to 20 lozenges per day and then reduce over time.
- If you slip up and use tobacco while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco. Call your VA provider, the **1-855-QUIT-VET** tobacco quitline (**1-855-784-8838**), or attend a tobacco cessation group to help you get back on track.

## WHAT ARE THE POSSIBLE SIDE EFFECTS?

- May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping. Proper lozenge use can help to avoid these side effects.
- If you have any intolerable side effects, stop using the lozenge and contact your healthcare provider.

**If you are in crisis, call: 988 or 1-800-273-TALK and press 1 to talk to someone now.**

