

Nicotine inhalator

The nicotine inhalator is a type of nicotine replacement therapy (NRT) that can be used to help you stop smoking. The nicotine inhalator helps to reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from smoking. The nicotine inhalator is often used together with the nicotine patch, which is a long-acting type of NRT, to help you quit. Watch the video and read the information below to learn about the nicotine inhalator and how to use it to help you stop smoking.



Click and watch the video to learn about the nicotine inhalator.

How to use the nicotine inhalator

The nicotine inhalator may look like a cigarette, but you need to use it differently. There are three easy steps:

Step one: Use the inhalator when you feel like smoking. Even better, try to anticipate when a craving might strike and use the inhalator before the craving takes hold.

Step two: Take short, shallow, and frequent puffs of the inhalator, like sipping a straw. You need to take about eight to 10 times as many puffs on the inhalator as you would for a cigarette, so that's about 60 to 80 puffs.

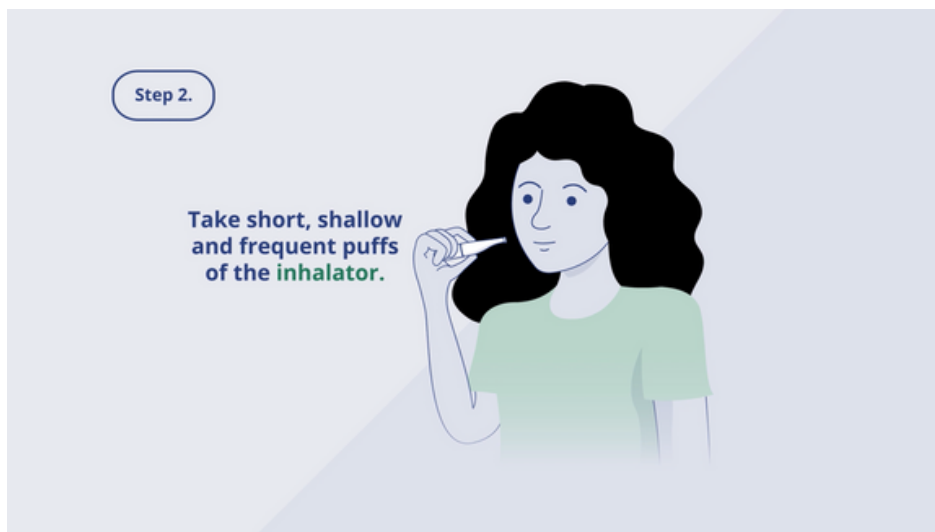
Step three: Always carry your inhalator with you.

Some types of acidic drinks like coffee, fruit juice, soft drinks or beer can affect how well the inhalator works. Wait for 15 minutes after having these drinks before using the inhalator. The inhalator also won't work as well if you take it while eating or drinking.

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How nicotine inhalator helps

The nicotine inhalator helps by replacing some of the nicotine you would normally get from smoking; it can help to manage cravings. Using the nicotine inhalator can also help to manage some of the other symptoms of nicotine withdrawal when you quit such as difficulty concentrating, frustration, restlessness, and anxiety.



What dose should I use?

The nicotine inhalator comes in one strength - 15mg. The right dose for you (how many puffs you should take) depends on when you have your first cigarette in the morning and the number of cigarettes that you smoke each day – talk to your doctor or pharmacist about the right dose for you.

Use the inhalator for at least eight weeks, reducing the frequency of use as directed.

How do I get nicotine lozenges at the discounted PBS rate?

You can buy the nicotine inhalator at pharmacies, supermarkets or online. The nicotine inhalator is not currently available at a discounted price on the Pharmaceutical Benefits Scheme (PBS).

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For your best chance of quitting

For your best chance of success, call [Quitline](https://quitline.org.au) and use a faster-acting type of NRT ([mouth spray](#), [gum](#), [lozenge](#) or inhalator), along with the [nicotine patch](#). It is safe to use these two types of NRT together. NRT helps to reduce your cravings to smoke, while Quitline will help you to identify your other triggers to smoke. Call 13 7848 to speak to our friendly and qualified Quitline counsellors today.



The best chance of successfully quitting smoking comes from using combination therapy - calling Quitline and using patches plus a faster-acting type of NRT (mouth spray, lozenge, gum or inhalator).

For more information: talk to your doctor, pharmacist or Quitline. For an overview of nicotine replacement therapy, watch our [NRT Frequently Asked Questions video](#). You can also view the [patient resources](#) on the Alfred Health website.

If you're thinking about quitting

If you're thinking of stopping smoking, chat with one of our qualified Quitline counsellors on 13 7848, Mon - Fri 8am - 8pm. Quitline provides non-judgemental, empathetic and tailored support to help you along your quitting journey. Quitline is a culturally inclusive service for all, including the [LGBTIQA+ community](#). We also have [Aboriginal counsellors](#) available as well as an interpreter service for people who speak languages other than English.

Please note, this information is not intended to replace consumer medicines information or health professional advice. If you would like to provide feedback, please contact quit@cancervic.org.au.