

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 a little 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.

How the 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 feelings of nicotine withdrawal when you quit such as feeling frustrated, restless, anxious or finding it hard to concentrate.

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 how often you use it as directed.

Where do I get the nicotine inhalator?

You can buy the nicotine inhalator at pharmacies, supermarkets or online.

For your best chance of quitting

For your best chance of success, call [Quitline](https://www.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.



For more information: talk to your doctor, pharmacist or [Quitline](https://www.quitline.org.au). Your doctor or pharmacist are best to advise you on your use of NRT. Our Quitline counsellors can give general advice and support to ensure you are using it correctly.

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

Quitline counsellors can offer you advice and support to help you stop smoking or vaping. We will help you build and keep up your motivation, and work with you to create a plan that works for you and encourage you along the way. Quitline is free and confidential. Quitline counsellors can also support you if you are using vapes to stop smoking.

There are many ways to get in touch with Quitline 13 7848. Hit the link below for more detail: [Ways to get in touch](#)

Please note: this information is for general use only. Please consult your health professional for further advice.

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