

# Nicotine mouth spray

The nicotine mouth spray is a type of nicotine replacement therapy (NRT) that can be used to help you stop smoking. The nicotine mouth spray helps to reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from smoking. The nicotine mouth spray 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 mouth spray and how to use it to help you stop smoking.

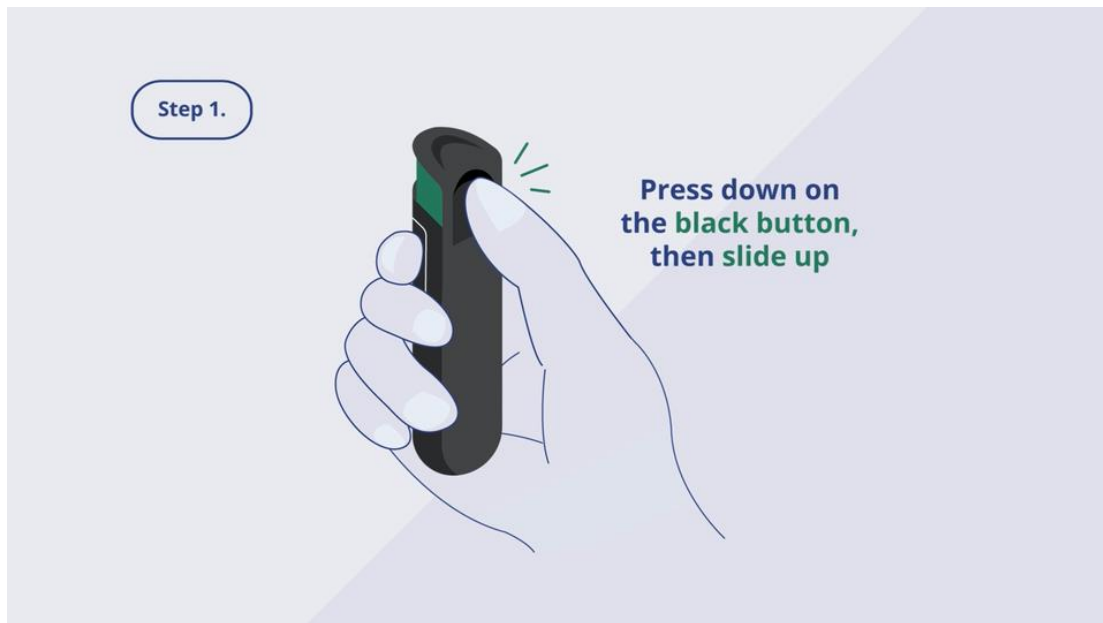


Click and watch the video to learn about the nicotine mouth spray.

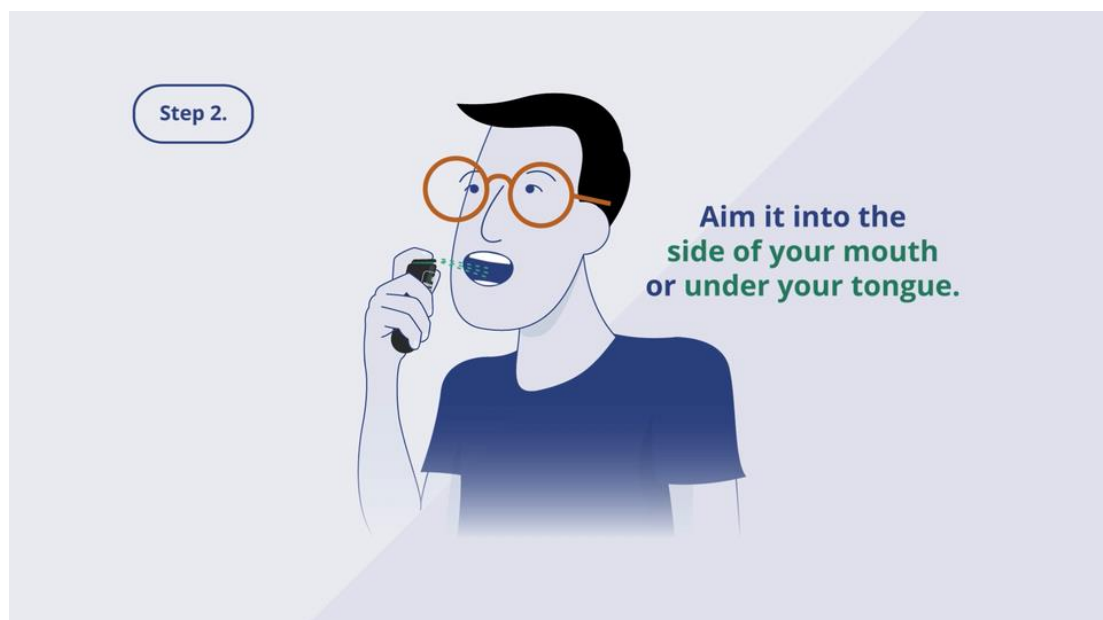
## How to use nicotine mouth spray

The nicotine mouth spray is sprayed onto the inside of your mouth, but you don't use it like a breath freshener. You want to absorb the nicotine through the lining of your mouth, not swallow it. It's all about placement. Here's how to use the mouth spray in two simple steps:

**Step one:** Use the nicotine mouth spray when you feel like smoking. Try to anticipate when the cravings will strike. Press down on the black button. This allows the nozzle to slide into position.



**Step two:** Bring the nicotine mouth spray close and open your mouth, then aim it either into the side of your mouth, or under your tongue. Now press down on the nozzle. Do not swallow for a few seconds after spraying for best results.



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

## How the nicotine mouth spray helps

The nicotine mouth spray helps by replacing some of the nicotine you would normally get from smoking; it can help to manage cravings. Using the nicotine mouth spray 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?

Each nicotine mouth spray pump has 150 sprays/doses. The right dose for you 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 mouth spray for at least eight weeks, reducing how often you use it as directed.

## Where do I get the nicotine mouth spray?

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

## For your best chance of quitting

For your best chance of success, call [Quitline 137848](tel:137848) 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](#). 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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