

Nicotine Gum

The Nicotine Gum one of the commonly used Nicotine Replacement Therapy (NRT) to help people stop using tobacco. It lessens cravings and withdrawal symptoms.

Tobacco use including smoke cigarettes/cigars/hookah, use E-cigarette/vaping, chew smokeless tobacco that can make people addicted to nicotine.

NRT can increase your chances of quitting. NRT also does not contain all the harmful and cancer-causing chemicals that are released while using tobacco products.

If you are under 18 years old, talk to your doctor before using any nicotine replacement product.



How to Use

1. Place a piece of nicotine gum in your mouth. Start by chewing the piece gently until it softens and gives you a slight tingling or peppery taste or sensation. Then keep (or "park") the nicotine gum between your cheek and gums and let it stay there until the tingling has faded after a few minutes.
2. Chew the gum until you detect the tingling again, and then "park" it in a new place between your cheek and gums until the tingling fades again.
3. Repeat this process for about 30 minutes until you can no longer taste the flavor or detect the tingling.
4. Continue using the gum for at least 12 weeks. Talk to your doctor or a certified tobacco treatment specialist if you still feel the need to smoke.

Precautions

- Chewing nicotine gum like a regular gum may cause the nicotine ending up in your stomach instead of being absorbed into your system to manage withdrawal. Use the chew and "park" method to maximize its effectiveness.
- Avoid eating or drinking up to 15 minutes before using the gum and while using it.
- Do not chew more than 24 pieces of nicotine gum a day.
- Do not swallow the gum.
- Might stick to dental work.

Side Effects

If you have side effects that bother you or don't go away, tell your doctor.

- **Headache/dizziness/nausea**
Symptoms of too much nicotine. Reduce the dose or stop smoking/using tobacco.
- **Mild mouth irritation**
Keep (or "park") in different location of the mouth each time.
- **Upset stomach or indigestion**
Use the Chew-and-"park" method
- **Hiccups**

Stop the nicotine patch and talk to your doctor if you have:

- Irregular heartbeats
- Severe nausea and vomiting
- Severe chest pain/tightness

Need Help Quitting?

To get FREE quit smoking services and NRT, call the Charles B. Wang Community Health Center:

- (718) 661-6040 (Saturday – Wednesday 9:00 a.m. - 5:00 p.m.)
- (929) 362-3006 ext. 3309 (Monday – Friday 9:00 a.m. - 5:00 p.m.)

The information on this fact sheet is used with permission from the NYU Department of Population Health.



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line (212) 226-8339
Website www.cbwchc.org

268 Canal Street, New York, NY 10013
Internal Medicine (212) 379-6998
Obstetrics & Gynecology (OB/GYN) (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013
Pediatrics (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044
Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354
Internal Medicine (718) 886-1200
Obstetrics & Gynecology (OB/GYN) (718) 886-1287
Pediatrics (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355
Internal Medicine, Pediatrics, and Gynecology
(929) 362-3006

Health Education Department (212) 966-0461

Social Work Department
Manhattan (212) 226-1661
Queens (718) 886-1212

Need Health Insurance? We Can Help!
Manhattan (212) 226-8339
Queens (646) 899-0444