



## Nicorette Gum

### Uses

Relieves and/or prevents craving and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt.

### Dosage

12 years and over: The strength of gum to be used will depend on the smoking habits of the individual. In general, if the patient smokes 20 or less cigarettes a day, the 2mg nicotine gum is indicated. If the patient smokes more than 20 cigarettes a day, the 4mg gum will be needed to meet the withdrawal of the high serum nicotine levels from heavy smoking. Nicorette gum should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the gum and as soon as they are able, reduce the number used until they have stopped completely. Smokers aiming to reduce cigarettes should use the gum, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. As soon as they are ready smokers should aim to quit smoking completely. Maximum daily dose is 15 pieces per day. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Those who have quit smoking, but are having difficulty discontinuing the gum should seek advice from a pharmacist or doctor. For those using the 4mg gum, switching to the 2mg gum may be helpful when stopping treatment or reducing the number of gums used each day. The chewing gums should be used whenever there is an urge to smoke according to the "chew and rest" technique described on the pack. After about 30 minutes of such use, the gum will be exhausted.

### Format and Ingredients

Chewing gum containing:  
Nicotine 2mg, Nicotine 4mg,

**Category:**  
Smoking Cessation

**Manufacturer:**  
KENVUE

**Pack size:** Icy White,  
Freshmint 2mg: 30, Fruitfusion  
2mg: 30, Original, Fruitfusion,  
Icy White, Freshmint 2mg: 1,  
Fruitfusion 2mg: 210, Original,  
Icy White, Freshmint 2mg:  
210, Original, Fruitfusion, Icy  
White, Freshmint 4mg: 2,  
Original, Freshmint 4mg: 210

**RRP:** £7.15, £7.27, £17.71,  
£26.59, £28.80, £21.67,  
£35.63

**Legal Status:** (GSL), (GSL),  
(GSL), (GSL), (GSL), (GSL),  
(GSL)