



#### **MINT 2mg CHEWING GUM REGULAR STRENGTH**

#### **MINT 4mg CHEWING GUM EXTRA STRENGTH**

Please read this leaflet carefully before you start to take **Nicotinell Mint 2mg** or **Nicotinell Mint 4mg** nicotine medicated chewing gums. This leaflet provides a summary of the available information on **Nicotinell 2mg gum** and **Nicotinell 4mg gum**.

#### **1. WHAT'S IN YOUR GUM**

Each piece of **Nicotinell 2mg gum** contains 2mg of nicotine in a resin complex (nicotine polacrillin 10mg). Each piece of **Nicotinell 4mg gum** contains 4mg of nicotine in a resin complex (nicotine polacrillin 20mg).

Other ingredients: gum base, calcium carbonate, sorbitol (*powder*), sodium carbonate, sodium hydrogen carbonate, amberlite, glycerol, levomenthol, butylated hydroxytoluene, peppermint oil, eucalyptus oil, saccharin, saccharin sodium, acesulfame potassium, xylitol, mannitol, gelatin, titanium dioxide, carnauba wax, talc and water.

Sodium content: 11.6mg per piece.

**Nicotinell Mint 2mg** and **Nicotinell Mint 4mg** are each available in pack of 24 pieces of gum.

#### **2. WHAT YOU NEED TO KNOW ABOUT NICOTINELL GUM**

Nicotinell gum is a type of nicotine replacement therapy designed to help you stop smoking. It contains a nicotine resin in a chewing gum formulation. When chewed, nicotine is released slowly and absorbed through the lining of the mouth. This nicotine replacement alleviates some of the unpleasant withdrawal effects that frequently occur when giving up smoking such as feeling ill or irritable.

Nicotinell gum can also reduce your desire to smoke by providing some of the nicotine previously inhaled from cigarettes and therefore helps your willpower to resist cigarettes.

**Nicotinell 2mg gum** is best suited for those who are light smokers. **Nicotinell 4mg gum** is particularly useful for heavier smokers who are more likely to experience severe withdrawal symptoms, and for those who have previously failed to stop smoking with nicotine replacement therapy.

A support programme and/or help from your pharmacist, doctor or a trained counsellor will increase your chances of quitting smoking.

If an adverse event occurs with the use of the 4mg gum, it is recommended to use the lower dose form or consult your healthcare professional.

If you smoke your first cigarette within 30 minutes of waking, or smoke 20 or more cigarettes per day, you should use **Nicotinell 4mg gum**; otherwise **Nicotinell 2mg gum** is recommended.

#### **3. BEFORE USING NICOTINELL GUM**

Do not use Nicotinell Gum if

- You are a non-smoker
- You are allergic to nicotine or any of the other ingredients in the gum

Consult your doctor before using Nicotinell Gum :

- If you have diabetes you should monitor your blood sugar levels more often than usual when you start using the nicotine gum. Your insulin or medicine requirements may change.

- If you had a recent heart attack, stroke or suffer from severe heart rhythm problems or chest pain, you should try to quit smoking without using any NRT products unless your doctor tells you to use them.

- If you have an overactive thyroid gland.
- If you have a severe sore throat.
- If you have a tumour of the adrenal gland.
- If you have any heart problems or high blood pressure, you should consult a healthcare professional before using any NRT product. While using an NRT product, if you experience an increase in heart problems, the use of the product should be reduced or discontinued.
- If you suffer from kidney or liver disease.
- If you have stomach or duodenal ulcers or an inflamed oesophagus or gullet (the passage between the mouth and stomach) because nicotine replacement therapy can make your symptoms worse.
- If you have ever experienced seizures.

If you are taking or have recently taken other medications, even those not prescribed, please tell your doctor/pharmacist. Stopping smoking may require the dose to be adjusted.

When you are using the chewing gum, there would be a reduction in the amount of nicotine in your body compared to when you smoked. This change can affect the way your body responds to some medications.

If you are under 18 years of age, ask a doctor before use.

If you are pregnant, you should stop smoking without using nicotine replacement therapy.

However, if you have tried and this has not worked, nicotine replacement therapy should only be used upon advice by a healthcare professional to help you stop smoking.

If you are breastfeeding, nicotine replacement therapy should only be used upon advice by a healthcare professional because nicotine can pass into breast milk.

#### **4. HOW TO USE NICOTINELL GUM**

Begin using this gum on your quit day.

Nicotinell gum is not like ordinary chewing gum, you should stop smoking completely when you start using it. Chew one piece of gum when urge to smoke occurs. Do not use more than 1 gum at a time. Do not use more than 1 gum per hour. Do not eat or drink while a gum is in the mouth. Avoid drinking acidic beverages such as coffee or soda for 15 minutes prior to chewing gum because they may affect the absorption of nicotine.

After about 3 months you must gradually cut down the number of pieces you chew each day, until you have stopped using Nicotinell gum completely. You should not use the gum for more than 6 months. If after 6 months you think you still need treatment then talk to your doctor or pharmacist.

Do not use more than 24 pieces of **Nicotinell 2mg gum** in a day.

Do not use more than 15 pieces of **Nicotinell 4mg gum** in a day.

Take special care:

- If you wear dentures, you may experience difficulty in chewing. Chewing nicotine gum may loosen filling or dental implants. In this case, it is recommended to use a different form of Nicotine Replacement Therapy.
- If you are intolerant of fructose, sorbitol, xylitol and maltitol. In such cases, do not use this product.
- Contains Butylhydroxytoluene. The gum base may cause local irritation in the mouth.

#### **Duration of Use**

For best results, you are recommended to complete the 12-week treatment course.

If you are still using the nicotine gum after 12 weeks, you should gradually reduce the nicotine dose and discontinue when the dose has been reduced to 1-2 pieces/day. You should not use the gum for more than 6 months. If after 6 months you think you still need treatment, talk to your doctor or pharmacist.

#### **5. NICOTINELL CHEWING TECHNIQUE:**

1. Chew one piece of gum slowly until taste becomes strong.
2. Rest the piece of gum between your gum and cheek.

3. Chew again when taste has faded.

4. Repeat chewing routine for about 30 minutes

The number of chewing gums used per day would depend on your craving.

If you use too many nicotine gums you may start to feel sick, dizzy and unwell. Stop using the gums and consult a healthcare professional immediately.

Even small quantities of nicotine are dangerous and possibly life-threatening in children. If poisoning is suspected in a child, consult a healthcare professional immediately.

Pale skin, increased sweating, involuntary muscle contractions, sensory disturbances, and confusion may be experienced.

With very large overdoses, exhaustion, seizures, low blood pressure leading to circulatory collapse or respiratory failure may occur.

#### 6. AFTER TAKING NICOTINELL GUM

Some of the side effects you may encounter are (from most likely to least likely):

- Dry mouth
- Cough
- Insomnia
- Headache, dizziness, feeling sick (nausea), vomiting
- Difficulty in swallowing
- Constipation
- Increased secretion of saliva

- Hiccups

- Flatulence

- Indigestion/Heartburn

- Diarrhoea

- Stomach discomfort

- Being sick

- Sore or swollen throat

- Shortness of breath

- Fast or irregular heart beat

- Feeling your heart beat (palpitations)

- Severe allergic reaction symptoms of which include sudden wheeziness or tightness of chest, rash and feeling faint

**Keep all medicines out of reach and sight of children.**

Do not store above 25 °C. Do not use after the expiry date given on the gum strip and box.

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