

Nicotine Gum Can Help Smokers Quit

Nicotine (NIK-uh-teen) gum is used to help people stop smoking. It lessens cravings and withdrawal symptoms so you can focus on quitting. Using quit smoking aids like the gum increases your chances of quitting.

You can buy nicotine gum at any drugstore or pharmacy without a prescription. Some health insurance plans cover the cost of the gum with a prescription from your doctor.

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



How to Use

- 1 Chew the gum very slowly until you feel a tingling or peppery taste. This may take 15 chews, but will vary by person.
- 2 Once you feel tingling, place (park) it between your gum and cheek. Leaving the gum there allows the nicotine to enter your body.
- 3 When the tingling fades, chew the gum again. Continue the chew and park cycle for about 30 minutes.

Precautions

- Do not swallow the gum.
- Avoid acidic drinks and foods (e.g., coffee, tea, fruits) 15 minutes before chewing the gum. Do not eat or drink while using it.
- One piece of gum can last for 30 minutes.
- Most people use about 10 to 12 pieces of gum per day during the first month of use.
- Do not chew more than 24 pieces of gum a day. You will use less gum as the urge to smoke decreases.
- Continue using the gum for at least 12 weeks.

Side Effects

- Hiccups
- Mild mouth irritation
- Upset stomach or indigestion

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

Need Help Quitting?

You can get free counseling and nicotine gum/patches from:

Charles B. Wang Community Health Center

Health Education Department (212) 966-0461 (English, Chinese)

Asian Smokers' Quitline (ASQ) 1-800-838-8917 (Chinese)

1-800-556-5564 (Korean)

1-800-778-8440 (Vietnamese)

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, Gynecology, and Family Medicine
(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 (718) 886-7355