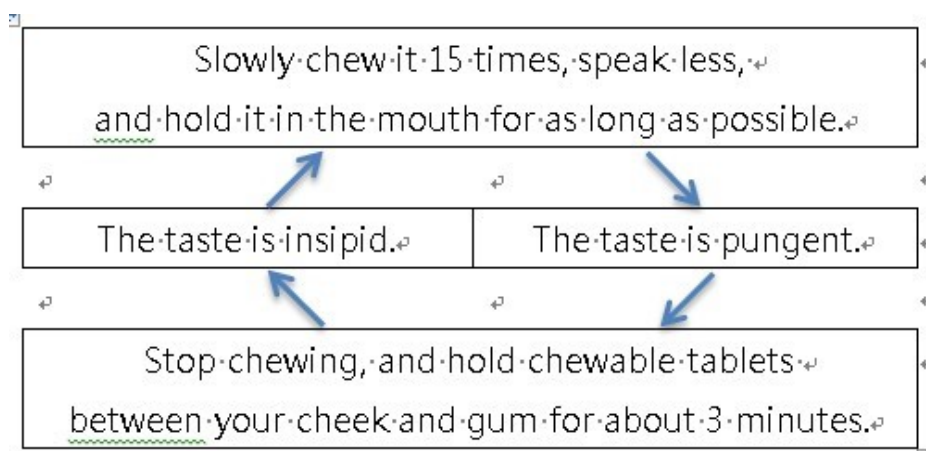


Chewable nicotine tablets for smoking cessation 戒菸專用的尼古丁口嚼錠(英文)

Congratulation on your agreeing to quit smoking because you have made a gigantic step for the sake of your health and family. Using chewable nicotine tablets to alleviate withdrawal syndromes of smoking cessation is highly recommended. There is 2-4 mg of nicotine with each tablet but not thousands of poisonous materials you exhale from a cigarette. You should take 8-12 chewable nicotine tablets a day for at least three months. During treatment course, slow down on your daily dosages until you reach 1-2 tablets a day, then you stop using chewable nicotine tablets. Using it more than a year is not recommended but if necessary, doctors would evaluate patients' conditions individually for extensive usage. Though you have successfully quit smoking, just in case always bring along chewable nicotine tablets to prevent recurrence.

Usage of chewable nicotine tablet:

Nicotine tablets are most effective when you take it 10-30 minutes before your craving for a cigarette; or you may take 1 tablet every 1.5 -2 hours because its effectiveness lasts 1-2 hours. When you crave for a cigarette, take a nicotine chewable tablet in accordance with the following steps:



Key Points for using chewable nicotine tablets

- First of all, you have to stop smoking with perseverance
- In order to prevent interference of nicotine absorption, do not drink coffee, alcohol, and acidic drinks while taking chewable nicotine tablets or 15 minutes prior to taking it.
- Chew nicotine tablets repetitively for 1.5-2 hours for oral mucosa to absorb it completely. It is best not to swallow saliva to avoid gastrointestinal discomfort.
- Avoid taking expired tablets and keep it dry under room temperature of 25 °C.
- Keep out of reach from children because nicotine tablets look like chewing gum.

Side effects of nicotine tablets

Some patients may have gastrointestinal adverse effects including mild nausea, dyspepsia, or hiccup; when there is pain with mandibular joint caused by chewing, do not panic and just relax to reduce the aforementioned conditions. Do notify your doctor if those symptoms persisted.

若有任何疑問，請不吝與我們聯絡
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HE-10030-E