

Nicotine gum

The nicotine gum is a type of nicotine replacement therapy (NRT) that can be used to help you stop smoking. Nicotine gum helps to reduce cravings and feelings of withdrawal by replacing some of the nicotine you would normally get from smoking. Nicotine gum is often used together with the nicotine patch, which is a long-acting type of NRT, to help you quit. Watch the video and read the information below to learn about nicotine gum and how to use it to help you stop smoking.



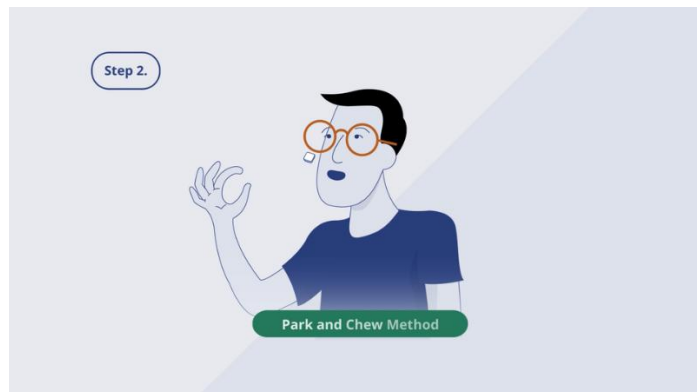
Click and watch the video to learn about nicotine gum.

How to use nicotine gum – the “Park and chew method”

Nicotine gum looks like regular gum, but you don't use it in the same way you would use normal chewing gum. Here's how to use it correctly – it's called the park and chew method. There are three simple steps:

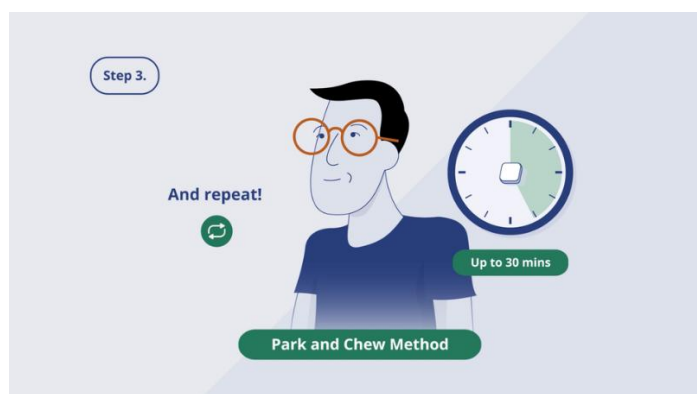
Step one: Use the gum when you feel like smoking. Even better, try to anticipate when a craving might strike, and use the gum before the craving takes hold.

Step two: Pop the gum into your mouth and start chewing. When you feel a tingling sensation, park the gum under the tongue or between your gum and cheek. Park it until the tingling stops and then start chewing again.



Step three: Repeat. Park and chew the gum for up to 30 minutes or until the flavour is gone and the urge to smoke has eased. Then, throw the gum away.

Some types of acidic drinks like coffee, fruit juice, soft drinks or beer can affect how well the gum works. Wait for 15 minutes after having these drinks before using the gum. The gum also won't work as well if you use it while eating or drinking.



How the nicotine gum helps

Nicotine gum helps by replacing some of the nicotine you would normally get from smoking; it can help to manage cravings. Using the nicotine gum can also help to manage some of the other feelings of withdrawal when you quit such as feeling frustrated, restless, anxious or finding it hard to concentrate.

What dose should I use?

Nicotine gum comes in two strengths: 2mg and 4mg. The right strength and dose for you depends on when you have your first cigarette in the morning and the number of cigarettes that you smoke each day – talk to your doctor or pharmacist about the right dose for you.

Use the gum for at least eight weeks, reducing the strength and how often you use it as directed.

Where do I get the nicotine gum?

You can buy the nicotine gum at pharmacies, supermarkets or online.

For your best chance of quitting

For your best chance of success, call [Quitline](https://www.quitline.org.au) and use a faster-acting type of NRT (mouth [spray](#), [gum](#), [lozenge](#) or [inhalator](#)), along with the [nicotine patch](#). It is safe to use these two types of NRT together. NRT helps to reduce your cravings to smoke, while Quitline will help you to identify your other triggers to smoke. Call 13 7848 to speak to our friendly and qualified Quitline counsellors today.



For more information talk to your doctor, pharmacist or [Quitline](https://www.quitline.org.au). Your doctor or pharmacist can best advise you on your use of NRT. Our Quitline counsellors can give general advice and support to ensure you are using it correctly.

For an overview of nicotine replacement therapy, watch our [NRT frequently asked questions video](#). You can also view the patient resources on the [Alfred Health website](https://www.alfredhealth.org.au).

If you're thinking about quitting

Quitline counsellors can offer you advice and support to help you stop smoking or vaping. We will help you build and keep up your motivation, and work with you to create a plan that works for you and encourage you along the way. Quitline is free and confidential. Quitline counsellors can also support you if you are using vapes to stop smoking.

There are many ways to get in touch with Quitline 13 7848. Hit the link below for more detail: [Ways to get in touch](#)

Please note: this information is for general use only. Please consult your health professional for further advice.

March 2024