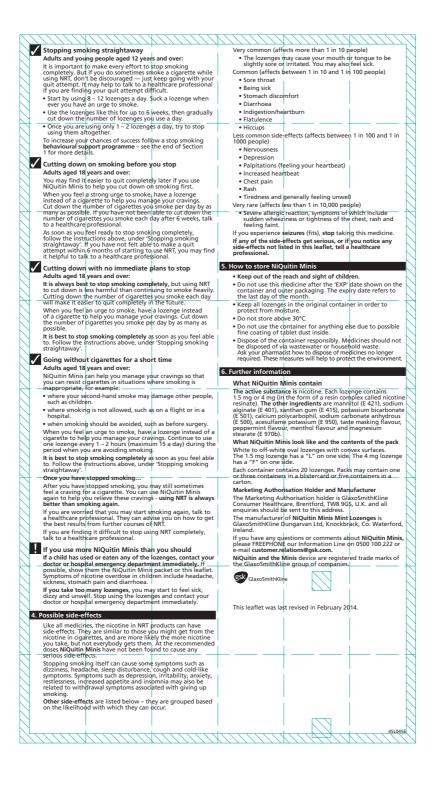
## **NiQuitin Minis** Mint 1.5 mg & 4 mg lozenges se read right through this leaflet before you start using this icine. This medicine is available without prescription, but yo need to use NiQuitin Minis carefully to get the best results if you have **diabetes**. When you start using NRT, you net to monitor your blood sugar levels more often than usu because your dose of medication for diabetes may need be adjusted. Keep this leaflet. You may need to read it again if you have serious liver or kidney problems, because you may be more likely to get side-effects. if you have uncohrolled overactive thyroid gland or an adrenal gland tumour (phaeochromocytoma), because nicotine may make your symptoms worse. If you have any further questions, ask a healthcare professional (doctor, nurse, smoking cessation advisor or pharmacist). Throughout this leaflet NiQuitin Minis Mint 1.5 mg & 4 mg Lozenges are referred to as NiQuitin Minis. nicotine may make your symptoms worse. if you have stomach or duodenal ulcers or inflammation of the oesophagus or gullet (the passage between the mouth and stomach) because swallowing nicotine can make your symptoms worse! It may also cause mouth ulcers. If your symptoms do get worse you should talk to your doctor. You might want to use a non-oral form of NRT instead, such as not these. What NiQuitin Minis do Check before you use NiQuitin Minis How to use NiQuitin Minis if you have had allergic reactions that involve swelling of the lips, face and throat (angioedema) or itchy skin rash (urticaria). Using NRT can sometimes trigger this type of 4. Possible side-effects 5. How to store NiQuitin Minis 6. Further information 1. What NiQuitin Minis do before using if you have ever experienced seizures (fits). before using it you have ever experiencing seizures this. If you are taking other medicines Stopping smoking may alter the effect of other medicines you may be taking. If you have any questions or concerns about this, talk to a healthcare professional. NiGutin Minis are used to help people stop smoking. They work by replacing some of the nicotine you get from cigareties. This type of treatment is called Nicotine Replacement Therapy (NRT). The nicotine in cigarettes makes them addictive, but othe substances in cigarettes makes them addictive, but othe substances in cigarettes moke, such as tar, carbon dioxide and other toxins, are more harmful to your health. NRT products like NiQutini Minis do not have the health dang Pregnancy and breast-feeding Pregnancy and breast-feeding If you are pregnant or planning to become pregnant or Smoking when you are pregnant is harmful to the baby. The risks include poor growth before birth, dämage to the baby's lungs, premature birth and stillbirth. Stopping smoking is the best way to improve your health and the health of your baby, and the earlier-you stop-smoking the better. It is best to give up smoking without using NRT. If that's too difficult, using NRT is safer for you and your baby than continuing to smoke. The nicotine in NRT is less dangerous than the more harmful substances in cigarette smoke, such as tar and other toxins. of tobacco. The nicotine from NRT reduces your cravings for cigarettes and helps you resist the urge to smoke! It also relieves some of the unpleasant symptoms (like feeling ill or irritable) that smokers have when they try to give up. NiQuitin Minis can be used to help you; stop smoking straightaway (a guit attempt) cut down on smoking, perhaps before you go on to stop completely (reducing to quit or just reducing). If you have tried to stop smoking without using NRT, and haven't been able to, your healthcard advisor may recommend NRT to help you stop. If you do use NRT during pregnancy: In addition, NiQuitin Minis can be used when you do not wish to smoke or are unable to smoke, for example in confined spaces (in the car, in the House), where others (such as children) could be harmed by tobacco smoke or in places where smoking is prohibited (temporary abstinence, places where smoking is prohibited (temporary abstinence) • develop cravings once you have stopped smoking. Reducing the number of cigarettes smoked can increase the chances that you will go on to quit completely. NiQuitin Minis can be used during pregnancy and breastfeeding (see Prignancy and breast-feeding below Some people worry that, when they have stopped smoking, they may become dependent on NRT instead. This is very to smoke. It is also an easier habit to breath and continuing to smoke. It is also an easier habit to breath and continuing to smoke it is also an easier habit to breath and the side is harmful and has no health benefits. RRT products like NiQuitin Minis can help you stop. Any risks or possible side-effects of nictorie from NRT are much less than the proven dangers of continuing to smoke. Start as early in your pregnancy as possible Aim if possible to use NRT for only 2 to 3 months. But remember — the most important thing is not to smoke. It safer to carry onlusing NRT than to start-smoking again. If you can use them, NRT gum or lozenges are better than patches. patches. That's because you will not be absorbing nicotine into your body all the time. But if you feel sick, you may need to use NRT patches instead. If you are breast-feeding Tobacco smoke is harmful to babies and children, causing breathing difficulties and other problems. If you are breast-feeding, it is best if you stop smoking without using NRT. But if you do need to use NRT, the nicotine that gets into breast milk is less dangerous to your baby than breathing in second-hand smoke. Your chance of stopping smoking will be improved if you also take part in a support programme. These 'Stop Smoking' programmes are known as behavioural support. For more If you do use NRT while breast-feeding: It is better to use NRT gum or lozenges to control your cravings as they happen, rather than patches. With gum or lozenges, you will not be absorbing nicotine into your body all the time. information: call the NHS Free Smoking Helpline on 0800 022 4332, or visit http://www.smokefree.nhs.uk [or the Irish National Smokers Quitline on 1850 201 203] or visit http://www.niquitin.co.uk for information about a free online support plan. all the time. • Try to breast-feed just before you take the gum or lozenge, when the nicotine levels in your body are at their lowest. That way, your baby gets as little nicotine as possible. 2. Check before you use NiOuitin Minis 3. How to use NiOuitin Minis Do not use NiQuitin Minis: if you have even had an allergic reaction to nicotine, or any of the other ingredients (listed in Section 6). if you are a non-smoker. if you are a non-smoker. if you are a aged under 12. The level of nicotine in NRT is not suitable for children under 12. Children are more susceptible to the effects of nicotine, and it could cause severe toxicity, which can be fatal. Adults and young people aged 12 years and over nstructions for use of NiQuitin Minis de stopping smoking straightaw cutting down on smoking before you stop. cutting down with no immediate plans to stop. going without cigarettes for a short time. or if you have cravings after you have stopped smoking. If you are under 18 years old and not ready to stop smoking straightaway, talk, to a healthcare professional for advice. Take special care with NiQuitin Minis if you are in hospital because you have had a heart attack, severe heart rhythm disturbances or a stroke. Try to stop smoking withput NRT unless your dorfor has told you to us it. Once you are discharged from hospital, you can use NRT as normal. In all cases: • NiQuitin Minis Mint 4 mg Lozenges are for smokers who smoke more than 20 cigarettes a day. • NiQuitin Minis Mint 1.5 mg Lozenges are for smokers who smoke fewer than 20 cigarettes a day. • You should put dee lozenge in your mouth and periodically move it from one side of your mouth to the other, until it has completely dissolved. This should take around 10 minutes. In all cases Do not chew the lozenge or swallow it whole. Do not use more than 15 lozenges a day. NiQuitin Minis are not suitable for children under 12 years of age or for non-smokers. They may develop signs of nicotine overdose, including headache, sickness, stomach pain and diarrhoes 塍

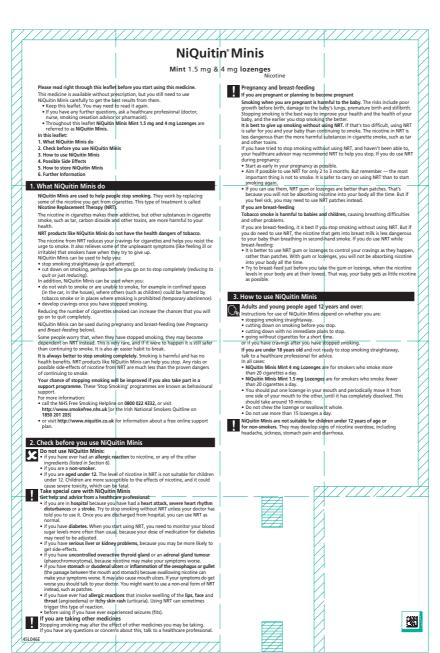
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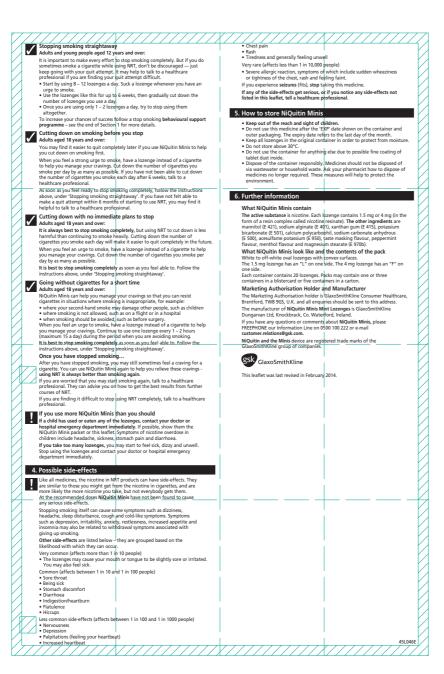
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