

Nicotine Gum Instruction Sheet

尼古丁口香糖使用須知

Nicotine gum: 尼古丁口香糖

You can buy the gum without a prescription or if you have Medicaid/Managed care insurance coverage it's free with a prescription from your doctor. To start you off I can give you a free 2-week supply.

購買尼古丁口香糖不需要處方,但如果你有醫療照顧卡,持醫生處方則無須付費。我們可以先給你兩個星期的口香糖試用。

How do I use Nicotine Gum? 尼古丁口香糖使用方法

- Chew the gum very slowly until you feel a tingly sensation or peppery taste (this may take 15 chews, but may vary from person to person)
將口香糖放入口中慢慢咀嚼,直到有麻麻或辣辣的感覺(大概要嚼15下,不過因人而已)
- Once you feel that sensation or taste “park” it between your gum and cheek. Placing the gum there and not continuing to chew again until the peppery sensation fades allows the nicotine to enter your body through the lining of your mouth.
有了麻麻或辣辣的感覺後,將口香糖放在牙齦和臉頰之間不要嚼,讓尼古丁從口裏進入體內。
- When the peppery sensation fades, chew the gum again until you feel the sensation and then park it again. Continue the chew and park cycle for about 30 minutes.
等麻麻或辣辣的感覺消退後,重新開始咀嚼,感覺到麻麻或辣辣後,再次停止咀嚼。如此反覆,持續三十分鐘左右。
- Do not swallow the gum 不要把口香糖吞下去
- Avoid eating acidic foods 15 minutes before chewing the gum, (coffee, colas, tea, fruit juices,) and do not eat or drink while using it.
在使用尼古丁口香糖前15分鐘內不要吃酸性食物,如咖啡、可樂、茶、果汁等,在使用口香糖時不要進食其它食物或飲料
- One piece of gum can last for 30 minutes 一片口香糖可以使用30分鐘
- Most people use about 10 to 12 pieces of gum per day during the first month of therapy.
大多數人在戒菸第一個月每天使用10至12片口香糖
- Do not chew more than 24 pieces of gum a day. You will use less gum as the urge to smoke decreases
一天不要超過24片。隨著煙癮漸漸降低,口香糖的用量也會減少
- Continue using the gum for at least 12 weeks 至少持續使用12週

Side Effects: 副作用

- The most common side effects are hiccups and mild mouth irritation. Forgetting to “park” the gum after you feel the tingle or peppery taste can lead to upset stomach or indigestion.
最常見的副作用是打嗝和輕微的口腔發炎。如果在感覺到麻麻或辣辣後忘了把口香糖放在一旁不要咀嚼,也許會導致胃不舒服或消化不良
- Every medicine may have side effects. If you have side effects that bother you or don't go away, tell your doctor. 任何藥物都可能有副作用。如果副作用對你產生的不良影響持續不退,請跟你的醫生溝通。

