

Get ready—the decision to quit smoking starts with you

When you do decide you want to quit smoking, let your doctor know. He or she can help you decide if NICOTROL[®] Inhaler (nicotine inhalation system) is right for you.

Then, at your next visit, make time to talk to your doctor about some specific aspects of quitting smoking. Print this list of questions and take it with you to your health care provider's office. These are questions your doctor may ask, so you can be prepared to answer.

Questions about quitting

- How much do you smoke?
- How many years have you smoked?
- Why do you want to quit?
- Have you tried to quit in the past?
 - If so, how many times?
 - What made you go back to smoking?
- What are the benefits of quitting smoking?
- Should I expect any weight gain? If so, what can I do about it?

Questions about your general health

- Are you taking other medications to help you quit smoking?
- Do you have any medical conditions such as chronic nasal conditions, heart problems, high blood pressure, ulcers, diabetes, overactive thyroid, or kidney or liver disease?
- Do you have cardiovascular or peripheral vascular disease?
- Do you have drug allergies?
- Are you pregnant or breast-feeding, or do you plan to become pregnant?
- Write a list of all medications you are taking (include all prescription and over-the-counter medications, supplements, etc.):

Indication

NICOTROL[®] Inhaler (nicotine inhalation system) is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. It is available only by prescription and is recommended for use as part of a comprehensive behavioral smoking cessation program.

Important Safety Information

Do not use NICOTROL Inhaler if you are hypersensitive or allergic to nicotine, menthol, or to any ingredient in the product.

If you have cardiovascular, peripheral vascular, or bronchospastic diseases including asthma or chronic pulmonary disease, talk to your doctor about using the NICOTROL Inhaler. If you are under a doctor's care for any condition, you should first discuss with your doctor the potential risks of using this product.

You should stop smoking completely before using NICOTROL Inhaler. You should not smoke or use other nicotine-containing products while under treatment with NICOTROL Inhaler.

Please see important safety information continued on page 2.

Please see full Prescribing Information and Patient Information for NICOTROL Inhaler.

Questions about NICOTROL® Inhaler (nicotine inhalation system)

Even before you talk to your doctor, find answers to important questions about NICOTROL Inhaler at Nicotrol.com.

- What is the most important information to know about NICOTROL Inhaler?
- What are the side effects? What safety information should I know?
 - Read the [Patient Information](#)
 - Read the [Prescribing Information](#)
- How long should I use NICOTROL Inhaler?
- What if I have a cigarette while using NICOTROL Inhaler?
- Does [nicotine replacement therapy](#) have a good success rate in helping people to quit?

Important Safety Information (continued)

Because nicotine is addictive, it is possible to become dependent on NICOTROL Inhaler. It is important to use it only for as long as needed to overcome your smoking habit. The safety of treatment with NICOTROL Inhaler for periods longer than 6 months has not been established, and such use is not recommended.

A special note about children and pets: The NICOTROL Inhaler can cause serious illness or be fatal in children and pets—even in very small amounts. If a child chews on or swallows new or used NICOTROL Inhaler cartridges, immediately call a doctor or call your regional poison center.

The specific effects of the NICOTROL Inhaler treatment on fetal development and nursing infants are unknown. Therefore, pregnant and nursing smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

You are likely to experience mild irritation of the mouth or throat, or cough when you first use the NICOTROL Inhaler. In clinical trials, the frequency of mouth or throat irritation, or coughing declined with continued use. The most common nicotine-related side effect was upset stomach. Other nicotine-related side effects were nausea, diarrhea, and hiccup. Smoking-related side effects included chest discomfort, bronchitis, and high blood pressure.

It is important to tell your doctor about any other medications you may be taking because they may need dosage adjustment.

The product information provided on this site is intended only for residents of the United States. The products discussed herein may have different product labeling in different countries.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.