

Nicorette Fruitfusion 6mg Gum Prescribing Information: Presentation: Nicorette 6mg gum contains 6mg of nicotine in a chewing gum base; Fruitfusion flavour. **Uses:** Relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt. **Dosage: For highly dependent adults and children over 12 years of age:** The strength of gum to be used will depend on the smoking habits of the individual. In general, if the patient smokes 20 or less cigarettes a day, 2mg nicotine gum is indicated. If more than 20 cigarettes per day are smoked, 4mg or 6mg nicotine gum will be needed to meet the withdrawal of the high serum nicotine levels from heavy smoking. The 6mg gum can be recommended particularly to those requiring enhanced craving relief compared to 4mg gum. Nicorette gum should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the gum and as soon as they are able, reduce the number of gums used until they have stopped completely. Smokers aiming to reduce cigarettes should use Nicorette Gum, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. As soon as they are ready smokers should aim to quit smoking completely. Maximum daily dose: 15 pieces per day. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Those who have quit smoking, but are having difficulty discontinuing Nicorette Gum are recommended to contact their pharmacist or doctor for advice. For those using the 6mg gum, switching to the 2 or 4mg gum may be helpful when stopping treatment or reducing the number of gums used each day. The chewing gums should be used whenever there is an urge to smoke according to the "chew and rest" technique described on the pack. After about 30 minutes of such use, the gum will be exhausted. **Contraindications:** Children under 12 years, and hypersensitivity to nicotine or any of the excipients. **Precautions:** Unstable cardiovascular disease, diabetes mellitus, GI disease, hepatic or renal impairment, uncontrolled hyperthyroidism, pheochromocytoma, keep out of reach and sight of children. Smokers who wear dentures may experience difficulty in chewing. The gum may stick to, and may in rare cases damage dentures. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. **Interactions:** Nicotine may possibly enhance the haemodynamic effects of adenosine. **Fertility, pregnancy & lactation:** Smoking cessation should be achieved without NRT, however if the mother is unable to quit without pharmacological support NRT may be used. See SPC for further information. **Side effects:** *Very common:* headache, cough, throat irritation, GI discomfort, hiccups, nausea, oral soft tissue pain and paraesthesia, jaw muscle ache. *Common:* hypersensitivity, dizziness, dysgeusia, paraesthesia, abdominal pain, diarrhoea, dry mouth, dyspepsia, flatulence, salivary hypersecretion, stomatitis, vomiting, burning sensation, fatigue. *Uncommon:* Abnormal dream, palpitations, tachycardia, bronchospasm, dysphonia, dyspnoea, nasal congestion, sneezing, throat tightness, eructation, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, erythema, urticaria, hyperhidrosis, pruritus, rash, asthenia, chest discomfort and pain, malaise, flushing, hypertension. *Rare:* Dysphagic, hypoaesthesia oral, retching. *Very Rare:* Reversible atrial fibrillation. *Not known:* Anaphylactic reaction, blurred vision, lacrimation increased, dry throat, lip pain, angioedema. **NHS cost:** Fruitfusion 6mg (105) £12.97 (210) £20.81. **Legal category:** GSL. **PL number:** PL 15513/0381 **PL holder:** McNeil Products Ltd, Roxborough Way, Maidenhead, Berkshire, SL6 3UG. **Date of preparation:** Feb 2015