

IMPORTANT: Please read this leaflet very carefully before you start to use the lozenges. If you have any outstanding questions, consult your pharmacist or doctor.

Identification

NicabateCQ Lozenges are available in two strengths - 2mg and 4mg. Each strength is available in packs of 36 or 72 lozenges.

The components of the lozenges are nicotine (in the form of a resin complex), mannitol, sodium alginate, xanthan gum, potassium bicarbonate, calcium polycarbophil, sodium carbonate, aspartame, magnesium stearate and mint flavour. Sodium content is approximately 15mg per lozenge.

NicabateCQ lozenges are sugar free.

What are NicabateCQ Lozenges and what are they used for?

NicabateCQ lozenges are a stop smoking aid. They contain a nicotine resin and when sucked, nicotine is released slowly from the resin and absorbed through the lining of the mouth. NicabateCQ lozenges can reduce your urge to smoke by providing some of the nicotine previously inhaled from cigarettes and helps you resist cigarettes. This nicotine also relieves many of the withdrawal symptoms, such as feeling ill or irritable, and cravings that you may feel when you try to give up.

NicabateCQ lozenges do not contain the tar or carbon monoxide of cigarette smoke.

NicabateCQ lozenges would be more effective if used with a behavioural support programme such as NicabateCQ Committed Quitters stop smoking program.

Checklist before using NicabateCQ Lozenges

You should not use NicabateCQ if:

- You are allergic to nicotine or any of the other ingredients listed above
- You are a non-smoker
- You suffer from phenylketonuria. The lozenge contains phenylalanine.
- You are pregnant or breastfeeding unless directed by your doctor. If you are pregnant you should quit smoking without NicabateCQ replacement therapy (NRT), however if you are unable to do so your doctor may advise you to use NRT.
- You are under 18 years of age unless directed by your doctor.
- You have suffered a recent stroke or heart attack, or you suffer from severe irregular heartbeat, unstable angina (chest pain) or resting angina. Your doctor will advise you if these conditions apply to you.

- Talk to your doctor or pharmacist before using NicabateCQ lozenges if:

- you suffer from heart or circulatory problems or high blood pressure;
- you have had a stroke;
- you have any liver or kidney disease;
- you have a stomach ulcer or
- an over active thyroid gland;
- you are an insulin dependent diabetic;
- you have been diagnosed as having a tumour of the adrenal glands (phaeochromocytoma).

Your pharmacist or doctor should also be aware of any medication you are taking because NicabateCQ (or stopping smoking) may change their effect.

Taking other medicines

Stopping smoking may alter the way your body responds to certain medicines. If you are being treated with any of the following medicines, you may need your dose adjusted:

- Caffeine
- Theophylline
- Some medicine used to treat depression
- Propoxyphene and pentazocine - medicines which may be used for pain relief
- Insulin
- Some medicines used to treat mental disorders
- Frusemide (fluid tablet)
- Medicine used to treat ulcer
- Blood pressure medicine.

Check with your doctor before using NicabateCQ lozenges.

Each lozenge contains 15mg of sodium, which should be taken into account by those who are on low sodium diet.

Using NicabateCQ Lozenges

One lozenge should be placed in the mouth and allowed to dissolve to be effective. From time to time, the lozenge should be moved from one side of the mouth to the other. The lozenge should not be chewed or swallowed whole.

You should not eat or drink while a lozenge is in the mouth. Coffee, juices and fizzy drinks may reduce the absorption of nicotine and should not be taken whilst sucking a lozenge.

Dosage

NicabateCQ lozenges should be used according to the following schedule to give you the best results:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

To help you stay smoke-free over the next 12 weeks take one lozenge in situations when you are strongly tempted to smoke.

Do not use more than one lozenge at a time and do not exceed 15 lozenges per day.

Lozenges should not be used after six months. If you find it difficult to give up NicabateCQ lozenges or you are worried that you may start smoking again then speak to your doctor or pharmacist.

To give you the best chance for success, it is important you complete the step down programme in full. This is because the urge to smoke and withdrawal symptoms can occur for weeks after stopping smoking.

If you resume smoking you may want to talk to your pharmacist about how to get the best results from further courses of NicabateCQ lozenges or patches.

Side Effects

You may experience some minor side effects for the first few days from giving up smoking or using the lozenges. These may include:

- A bitter taste. Sore throat, mouth irritation, difficulty in swallowing.
- Headache. Nausea, dizziness, hiccups belching.
- Indigestion or heartburn.
- Diarrhoea due to the presence of mannitol.
- Occasionally an increase in heart rate may be experienced. If this occurs stop using the lozenges and consult your doctor or pharmacist.
- None of the above side effects are serious, and often wear off after a few days' treatment. If they are troublesome and do not improve, or the lozenges upset you in any other way, stop using them and consult your doctor or pharmacist.

Overdosage

If you smoke or use any other nicotine containing product whilst using NicabateCQ lozenges you may suffer an overdose of nicotine. However if used correctly, nicotine overdose is unlikely.

Symptoms of nicotine overdose include

Headache, dizziness, stomach upset, drooling, vomiting, diarrhoea, cold sweat, blurred vision, hearing distortion, confusion, weakness, fainting. (If it is a large overdose, there may be collapse and breathing difficulty).

In the event of an accidental overdose or a child has taken any lozenges, contact your doctor, Poisons Information Centre Phone: 131126 or hospital accident & emergency.

Storage

Store out of reach of children and pets.

Keep all lozenges in the carton, in their blister pack, until you are ready to use one. Store below 25°C. Do not use lozenges after the expiry date stated on the blister pack and carton.

Tamper Evident Features: NicabateCQ lozenges are protected in a sealed blister. Do not use if blister or foil is broken.

AUST R: 81977 (NicabateCQ 2mg Lozenge)

AUST R: 81978 (NicabateCQ 4mg Lozenge)

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