

# Nicorette Cools 4mg Lozenges



**Category**  
Smoking Cessation  
**Manufacturer**  
JOHNSON & JOHNSON  
(McNEIL)  
**Pack size**  
80  
**RRP**  
£19.07  
**Legal Status**  
(GSL)

## Uses

Relieves and/or prevents craving 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. Indicated in pregnant and lactating women making a quit attempt.

## Format and Ingredients

Lozenge containing:  
Nicotine 4mg,

## Dosage

12 years and over who smoke more than 20 cigarettes per day: use whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Place 1 lozenge in the mouth and allowed to dissolve. Periodically, the lozenge should be moved from one side of the mouth to the other, and repeated, until the lozenge is completely dissolved. Do not chew or swallow the lozenge. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the lozenge and as soon as they are able, reduce the number of lozenges used until they have stopped completely. Smokers aiming to reduce cigarettes should take the lozenge, 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. Most smokers require 8 to 12 lozenges per day, not to exceed 15 lozenges. 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 with the lozenge are recommended to contact their pharmacist or doctor for advice.