

PACKAGE LEAFLET: INFORMATION FOR THE USER

NiQuitin® Minis

Mint 2 mg Lozenges
Nicotine

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your healthcare professional has told you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask a healthcare professional (doctor, nurse, smoking cessation advisor or pharmacist).
- If you get any side effects talk to your healthcare professional. This includes any possible side effects not listed in this leaflet. See section 4.
- Throughout this leaflet **NiQuitin Minis Mint 2 mg Lozenges** are referred to as **NiQuitin Minis**.

What is in this leaflet:

- What NiQuitin Minis are and what they are used for
- What you need to know before you use NiQuitin Minis
- How to use NiQuitin Minis
- Possible side-effects
- How to store NiQuitin Minis
- Contents of the pack and other information

1. What NiQuitin Minis are and what they are used for

NiQuitin Minis are used to help people stop smoking and quit other forms of nicotine. This type of treatment is called **Nicotine Replacement Therapy (NRT)**.

Nicotine is a highly addictive substance that is present in cigarettes and other sources (e.g. vaping devices/e-cigarettes, nicotine pouches, etc.).

In cigarette smoke, there are other substances, such as tar, carbon monoxide and other toxins, which are more harmful to your health. **NRT products like NiQuitin Minis do not have the health dangers of tobacco.**

Other ways of consuming nicotine e.g., vaping/e-cigarettes and using tobacco-containing, or tobacco-free oral pouches are difficult to control and can lead to excessive consumption and addiction to nicotine. **NRT products like NiQuitin Minis are medicines that contain precise amounts of nicotine and allow you to regulate, reduce and quit nicotine.**

- NiQuitin Minis help you to give up smoking and quit other forms of nicotine, by replacing some of the nicotine you get from any source, such as cigarettes, vaping devices/e-cigarettes, nicotine pouches, etc.
- This nicotine relieves some of the unpleasant symptoms that nicotine consumers may have when they try to give up. These include feeling ill or irritable.
- The nicotine can also relieve your cravings for cigarettes and other sources of nicotine, and help you to resist the urge to use them. NiQuitin Minis provide enough nicotine, generally at a lower level than from cigarettes, vaping (e-cigarettes) or pouches, to help with cravings and other symptoms of nicotine addiction.

Some people worry that after stopping smoking, vaping or using other nicotine products, they may become dependent on nicotine lozenges instead. This is very rare, and if it did happen, it is less harmful than with continuing to consume high levels of nicotine through smoking, vaping/e-cigarettes, or other nicotine products. It is also an easier habit to break.

It is always best to stop smoking, vaping or using other nicotine sources completely. NiQuitin Minis can be used to help you stop straightaway (a quit attempt).

However, NiQuitin Minis can also be used to cut down on smoking, vaping or nicotine use, perhaps before you go on to stop completely (reducing to quit or just reducing).

In addition, NiQuitin Minis can be used when you:

- do not wish or are unable to smoke, vape or use other forms of nicotine, for example in confined spaces (in the car, in the house), where others (such as children) could be harmed by tobacco smoke or vape vapor, or in places where smoking, vaping/e-cigarettes, or other forms of nicotine are prohibited (temporary abstinence).
- are already using NiQuitin patches but have difficulty controlling your cravings: you can use NiQuitin Minis in combination with your patches, as it is more effective than using patches alone.
- develop cravings once you have stopped smoking, vaping or using nicotine products.

Reducing your nicotine intake can increase the chances that you will go on to quit completely.

NiQuitin Minis may be recommended by a healthcare professional during pregnancy and breastfeeding (see Pregnancy and breast-feeding below).

If you are smoking cigarettes, your chance of stopping smoking will be improved if you also take part in a support programme These 'Stop Smoking' programmes are known as behavioural support. For more information, talk to a healthcare professional or:

- call the NHS Free Smoking Helpline on 0800 022 4332, or visit <http://www.smokefree.nhs.uk> [or the Irish National Smokers Quitline on 1850 201 203]
- or visit <http://www.niquitin.co.uk> for information about a free online support plan.

It is always better to stop smoking, vaping or using nicotine products completely. Cigarettes and other tobacco products are especially harmful, and nicotine has no health benefits. Using Nicotine Replacement Therapy (NRT) like NiQuitin Minis can help. In general, any possible side effects associated with NRT are far outweighed by the well-known dangers of continuing to smoke, and the high risk of nicotine addiction with uncontrolled nicotine use.

2. What you need to know before you use NiQuitin Minis



Do not use NiQuitin Minis if:

- you are allergic to nicotine, or any of the other ingredients of this medicine (listed in Section 6).
- you are a non-nicotine user.
- you are aged under 12.



Warnings and precautions

Talk to your healthcare professional before using NiQuitin Minis:

- If you have had a **recent heart attack or stroke**, or you suffer from **severe heart rhythm problems, unstable or worsening angina pectoris (chest pain) or resting angina pectoris** you should try to quit smoking, vaping or using nicotine products without using any NRT products unless your doctor tells you to use them.
- If you have diabetes you should monitor your blood sugar levels more often than usual when you start using NiQuitin Minis. Your insulin or medicine requirements may change.
- If you have had allergic reactions that involve swelling of the lips, face and throat (angioedema) or itchy skin rash (urticaria). Using NRT can sometimes trigger this type of reaction.
- If you have a history of epilepsy (fits).
- If you have serious or moderate liver or kidney problems, because you may be more likely to get side-effects
- If you have uncontrolled overactive thyroid gland or phaeochromocytoma (a tumour of the adrenal gland that can affect blood pressure) - your doctor will have told you this - because nicotine may make your symptoms worse.
- If you have stomach or duodenal ulcers or an inflamed oesophagus or gullet (the passage between the mouth and stomach) because swallowing nicotine can make your symptoms worse. It may also cause mouth ulcers. If your symptoms do get worse, you should talk to your doctor. You might want to use a non-oral form of NRT instead, such as NiQuitin patches.



- If you have any concerns about becoming dependent or think you have become dependent on this product.

If you are pregnant or breast feeding it is best if you can give up smoking without the use of NRT. However, it is better to stop smoking using NRT than to continue smoking. (See the section on pregnancy and breastfeeding below for more information.)

Children (under 12 years)

The level of nicotine in NRT is not suitable for children under 12. Nicotine affects children more than adults. It could cause severe poisoning in children which can cause death.



Other medicines and NiQuitin Minis

Tell your healthcare professional if you are taking or have recently taken any other medicines.

Stopping smoking, vaping or other forms of nicotine use may alter the effect of other medicines you may be taking. If you have any questions or concerns about this, talk to a healthcare professional.



Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Pregnancy

Smoking during pregnancy has risks for the baby. These include poor growth before birth, premature birth or stillbirth. Stopping smoking is the best way to improve both your health and that of your baby. The earlier you stop smoking the better.

Ideally, if you are pregnant, you should stop smoking without using NRT. However, if you have tried and this has not worked, NRT may be recommended by a healthcare professional to help you stop smoking.

This is because it is better for your developing baby than if you carry on smoking. The decision to use NRT should be made as early on as possible in your pregnancy. You should aim to use it for only 2-3 months. Remember, the most important thing is to stop smoking. Products such as lozenges may be preferable to nicotine patches. This is because with lozenges, you do not get the nicotine all the time.

However, patches may be preferred if you have nausea or sickness.

Breast-feeding

If you are breast feeding, tobacco smoke causes breathing difficulties and other problems in babies and children. Ideally you should stop smoking without using NRT. However, if you have tried and this has not worked, NRT may be recommended by a healthcare professional. If you need to use NRT to help you quit, the amount of nicotine your baby may get is small. It is much less harmful than breathing in second-hand smoke. It is best to use NRT products that are taken at certain times of the day (such as gum or lozenge, rather than patches). It is also better to breast feed just before you take the product. This helps your baby to get the smallest amount of nicotine possible.

Driving and using machines

There are no known effects of Nicotine Minis on the ability to drive or use machines. However, you should be aware that giving up smoking, vaping or nicotine products can cause behavioural changes that affect your ability to drive or use machines.

This medicinal product contains less than 1 mmol sodium (23 mg) per lozenge, that is to say essentially sodium free.

3. How to use NiQuitin Minis

Always use NiQuitin lozenges exactly as described in this leaflet or as your healthcare professional has told you. Check with your healthcare professional if you are not sure.

During any attempt to give up smoking, vaping or other forms of nicotine using NiQuitin Minis it is important that you make every effort to stop completely. However, if you do smoke a cigarette while you are using NRT, you should continue your quit attempt. If you continue to have difficulty stopping smoking talking to your doctor, nurse, smoking cessation advisor or pharmacist may help.



Adults and young people 12 years and over

Instructions for use of NiQuitin Minis depends on whether you are:

- Stopping smoking, vaping or nicotine products straightaway.
- Cutting down on smoking, vaping or nicotine products before you stop.
- Cutting down with no immediate plans to stop.
- Going without cigarettes or vapes (e-cigarettes) for a short time or if you have cravings after you have stopped smoking, vaping or using nicotine products.
- Already using NiQuitin patches but have difficulty controlling your cravings: you can use NiQuitin Minis in combination with your patches, as it is more effective than using patches alone.

If you are under 18 years old and not ready to stop smoking, vaping or using nicotine products straight away, talk to a healthcare professional for advice.

In all cases:

- NiQuitin Minis Mint 2 mg Lozenges are for:
 - Smokers who smoke 20 cigarettes or less a day.
 - Vape users who use nicotine liquid strengths below 12 mg /ml (1.2%).
 - Users of nicotine pouch strengths below 10 mg.
- You should put one lozenge in your mouth and periodically move it from one side of your mouth to the other, until it has completely dissolved. This should take around 10 minutes.
- Do not chew the lozenge or swallow it whole.

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