1. Chew each nicotine gum piece very slowly several times. Stop chewing when you notice a peppery taste and/or a slight tingling in your mouth. (This usually happens after about 15 chews, but may vary from person to person.)
2. "Park" the nicotine gum piece between your upper lip and gum and leave it there.
3. When the peppery taste or tingle is almost gone (in about a minute), start to chew a few times slowly again until the taste or tingle returns. Stop chewing the nicotine gum piece.
4. Park the nicotine gum piece again on the other side of your mouth between your upper lip and gum.
5. Repeat steps 1-4 (chew, park, chew, park) until most of the taste/tingle is gone from the nicotine gum piece (usually happens in about half an hour to one hour.)
6. Wrap gum in a piece of tissue and throw away out of reach of children and pets.*

<table>
<thead>
<tr>
<th>Weeks 1 to 6</th>
<th>Weeks 7 to 9</th>
<th>Weeks 10 to 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 piece every 1 to 2 hours</td>
<td>1 piece every 2 to 4 hours</td>
<td>1 piece every 4 to 8 hours</td>
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</table>

Do not use more than 24 pieces per day. Stop using nicotine gum at the end of Week 12. If you feel that you still need to use nicotine gum, talk with your health care provider. 

Do not use
- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products without consulting your health care provider. 

Ask your health care provider before use if you have
- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure
- stomach ulcers or diabetes  

Ask your health care provider before use if you are
- using a non-nicotine smoking cessation medication
- taking a prescription medicine for depression, anxiety or asthma. Your prescription dose may need to be adjusted ____________

Stop use and ask your health care provider if
- mouth, teeth or jaw problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness, or rapid heartbeat ____________

*Keep out of reach of children and pets. Pieces of nicotine gum may have enough nicotine to make children and pets sick. Wrap used pieces of gum in paper and throw away in trash. In case of overdose, get medical help or contact a Poison Control Center right away.

RECIPIENT ____________________________ DATE ____________