

Package leaflet: Information for the user

Nicotinell Peppermint 2 mg medicated chewing-gum

Nicotinell Peppermint 4 mg medicated chewing-gum

nicotine

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

Always take this medicine exactly as described in this leaflet or as your pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your doctor or pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Nicotinell Peppermint is and what it is used for
2. What you need to know before you take Nicotinell Peppermint
3. How to use Nicotinell Peppermint
4. Possible side effects
5. How to store Nicotinell Peppermint
6. Contents of the pack and other information

1. What Nicotinell Peppermint is and what it is used for

Nicotinell Peppermint belongs to a group of medicines which are used to help you stop smoking. Nicotinell Peppermint chewing-gum contains the active substance nicotine. When chewed, nicotine is released slowly and absorbed through the lining of the mouth. This medicinal product is used to relieve nicotine craving and withdrawal symptoms in nicotine dependency. It thereby

- counteracts the relapse in smoking in smokers who are motivated to stop or
- facilitate smoking reduction in smokers who cannot or are reluctant to stop.

Patient counselling and support normally improve the success rate.

Nicotinell Peppermint lozenge is indicated for smokers aged 18 years and above.

2. What you need to know before you take Nicotinell Peppermint

Do not take Nicotinell Peppermint

- if you are allergic to nicotine or any of the other ingredients of this medicine (listed in section 6).
- if you are a non-smoker.

Warnings and precautions

Talk to your doctor before using Nicotinell Peppermint if you have:

- any heart problems such as recently had a heart attack, suffer from heart rhythm problems, heart failure or chest pain (angina, including Prinzmetal's angina). While using this medicine,

if you experience an increase in heart problems, the use of this medicine should be reduced or discontinued.

- had a stroke
- high blood pressure.
- problems with your circulation.
- diabetes. You should monitor your blood sugar levels more often than usual when you start using nicotine gum. Your insulin or medicine requirements may change.
- overactive thyroid glands (hyperthyroidism).
- overactive adrenal glands (pheochromocytoma),
- suffer from impaired kidney and/or liver function.
- oesophagitis, inflammation in the mouth or throat, gastritis or peptic ulcer.
- a history of epilepsy (fits).

In these conditions it is not sure that it is suitable for you to use Nicotinell Peppermint.

People having problems with the joint of the jawbone and denture wearers may experience difficulty in chewing the gum. If you do, it is recommended that you use a different pharmaceutical form of nicotine replacement therapy. Chewing the Nicotinell Peppermint gum may loosen fillings or dental implants.

Do not smoke while taking Nicotinell Peppermint, since you may obtain so high a concentration of nicotine that you will feel bad.

Children and adolescents

Nicotinell should not be used by adolescents 12-17 years of age without prescription from a healthcare professional. The correct dose for adults could seriously poison or even be fatal to small children. It is therefore essential that you keep Nicotinell Peppermint out of the sight and reach of children at all times. **Nicotinell Peppermint are not to be used in children under 12 years old.**

Other medicines and Nicotinell Peppermint

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

No information is available on interactions between Nicotinell Peppermint chewing-gum and other medicines. However, the action of some drugs may be affected if you stop smoking. This is particularly important if you use drugs containing

- theophylline (a medicine used for the treatment of bronchial asthma),
- tacrine (a medicine used to treat Alzheimer's disease),
- olanzapine and clozapine (for the treatment of schizophrenia).

Nicotinell Peppermint with food and drink

Coffee, acidic and soft drinks may decrease the absorption of nicotine and should be avoided for 15 minutes before chewing a Nicotinell Peppermint chewing gum. Do not eat or drink while you have a gum in your mouth.

Pregnancy, breast-feeding and fertility

Pregnancy

It is very important to stop smoking during pregnancy because it can result in poor growth of your baby. It can also lead to premature births and even stillbirths. It is best if you can give up smoking without the use of medicines containing nicotine. If you cannot manage this, Nicotinell Peppermint should only be used after consulting a healthcare professional.

Breast-feeding

Nicotinell Peppermint should be avoided during breast-feeding as nicotine is found in breast milk and may affect your child. If a healthcare professional has recommended you to use Nicotinell Peppermint during breast-feeding, the gum should be chewed just after breast-feeding and not during the two hours before breast-feeding.

Fertility

Smoking increases the risk of infertility in women and men. The effects of nicotine on fertility is unknown

Driving and using machines

There is no evidence of risk associated with driving or operating machinery if Nicotinell Peppermint chewing-gum is taken according to the recommended dose but remember that smoking cessation can cause behavioral changes.

Nicotinell Peppermint contains sorbitol, butylhydroxytoluene and sodium

Because Nicotinell Peppermint chewing gum contains sorbitol, which is a source of fructose: if you have been told by your doctor that you have an intolerance to some sugars, or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, contact your doctor before taking Nicotinell Peppermint chewing gum.

Each piece of chewing gum contains 0.1 g sorbitol, a source of 0.02 g fructose. Calorific value 1.2 kcal/piece of chewing-gum.

The gum contains butylhydroxytoluene (E321) which may cause local irritation to mucous membranes in the mouth.

This medicine contains less than 1 mmol sodium (23 mg) per chewing gum, that is to say essentially 'sodium-free'.

3. How to use Nicotinell Peppermint

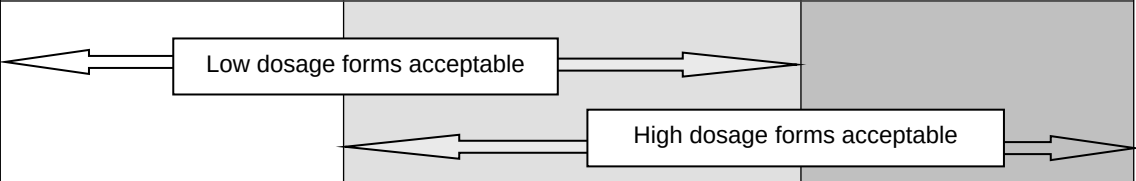
Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The appropriate strength will depend on your nicotine dependence. You should use the 4 mg Nicotinell Peppermint chewing-gum if

- you are a smoker with a strong nicotine dependency,
- you have previously failed to stop smoking with the 2 mg chewing-gum.

Otherwise 2 mg Nicotinell Peppermint chewing-gum should be used.

Select your optimal strength from the following table:

Low to moderate dependency	Moderate to strong dependency	Strong to very strong dependency
		
Less than 20 cigarettes / day	From 20 to 30 cigarettes / day	Over 30 cigarettes / day

Low dose (2 mg chewing-gum) is preferable	Low (2 mg chewing-gum) or high (4 mg chewing-gum) dose forms depending on patient characteristics and preference.	High dose (4 mg chewing-gum) is preferable
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If an adverse event occurs with the use of the high dose (4 mg), use of the low dose (2 mg) should be considered.

It is important to chew the chewing-gum in a correct way to avoid discomfort (e.g. hiccups and heart burn).

Instructions for use:

Do not swallow the chewing-gum.

1. Chew one piece of chewing-gum slowly until the taste becomes strong.
2. Allow the chewing-gum to rest between your gum and cheek.
3. Chew again when taste has faded.
4. Repeat this routine for about 30 minutes.

Avoid drinking coffee, acidic and soft drinks for 15 minutes before chewing a Nicotinell Peppermint chewing gum because they may decrease the absorption of nicotine. Do not eat or drink while you have a gum in your mouth.

Dosage for adults over 18 years:

Chew one piece of gum when you feel the urge to smoke.

At the beginning of the treatment, in general, one piece of chewing-gum should be chewed every one or two hours. Normally 8-12 pieces of chewing-gum per day are sufficient, irrespective of strength. Do not exceed 24 pieces a day of 2 mg chewing-gum or 15 pieces per day of 4 mg chewing-gum. Do not use more than 1 gum per hour.

Smoking cessation:

The treatment duration is individual. Normally, treatment should continue for at least 3 months. After 3 months, you should gradually reduce the number of pieces of gum chewed each day. Treatment should be stopped when you have reduced your use of the gum to 1-2 chewing-gums per day.

Nicotinell Peppermint chewing-gum should not be used for longer than 12 months without contact with a healthcare professional.

Counselling may improve your chances of giving up smoking.

Smoking reduction:

Nicotinell Peppermint is used between periods of smoking in order to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. If a reduction in the number of cigarettes per day has not been achieved after 6 weeks, professional advice should be sought. A quit attempt should be made as soon as the smoker feels ready, but not later than 6 months after start of treatment. If a quit attempt cannot be made within 9 months after starting treatment, professional advice should be sought.

Counselling may improve your chances of giving up smoking.

If you take more Nicotinell Peppermint than you should

Chewing too many chewing-gum pieces can result in the same symptoms as smoking too much

The symptoms of nicotine overdose include: weakness, pale skin, sweating, increased production of saliva, throat burn, nausea, vomiting, diarrhoea, pain in the abdomen, disturbance of hearing and vision, headache, fast or other disturbance in heartbeat, shortness of breath, dizziness, tremor and confusion. With large overdoses these symptoms may be followed by exhaustion, low blood pressure, circulatory collapse, coma, difficulty breathing and seizures.

Stop using the gums and contact a doctor or hospital immediately for assessment of risk and advice, if you have taken more of the drug than you should, or if a child has taken the drug by mistake.

If poisoning is suspected in a child, a doctor must be consulted immediately. Even small quantities of nicotine are dangerous and possibly life-threatening in children and may result in severe symptoms or death.

If you forget to use Nicotinell Peppermint

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Some effects you may notice in the first few days are dizziness, headache and sleep disturbances. These may be withdrawal symptoms in connection with smoking cessation and may be caused by insufficient administration of nicotine. Other possible withdrawal symptoms in connection with smoking cessation may be insomnia, cough, weakness, tiredness, feeling unwell and flu-like symptoms.

Stop taking Nicotinell Peppermint and contact immediately a doctor if you get any of the following symptoms of a serious allergic reaction (angioedema or anaphylactic reaction)

- swelling of face, tongue or throat; difficulty swallowing; hives and breathing difficulties.
- These side effects are rare.

Other side effects that may occur:

Very common (may affect more than 1 in 10 people)

- feeling sick (nausea)

Common (may affect up to 1 in 10 people)

- inflammation of the mouth mucus, oral discomfort
- sore throat
- vomiting
- stomach discomfort, stomach pain
- diarrhea
- indigestion/heartburn.
- flatulence
- hiccups
- constipation
- dizziness and headache
- insomnia

- cough
- dryness of the mouth
- mouth, throat and jaw muscle ache may also occur.

Uncommon (may affect up to 1 in 100 people)

- palpitations,
- red skin rash (erythema) and
- itching of raised bumps of the skin (urticaria).

Rare (may affect up to 1 in 1,000 people)

- disturbances in heart beat rhythm
- hypersensitivity reaction

Not known (cannot be estimated from the available data)

- increased secretion of saliva
- difficulty in swallowing
- belching
- tremor
- ulcerative stomatitis
- shortness of breath
- weakness
- tiredness
- feeling unwell and
- flu-like symptoms
- a fast and irregular heartbeat (atrial fibrillation).

Mouth ulcers may be related to quitting smoking and not to your treatment.

The gum can stick to and very rarely damage dentures or other dental work.

Reporting of side effects

If you get any side effects, talk to your pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V*](#). By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Nicotinell Peppermint

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Nicotinell Peppermint contains

Nicotinell Peppermint medicated chewing-gum is available in two strengths.

The **active substance** is nicotine.

Each piece of Nicotinell Peppermint chewing-gum contains 2 mg or 4 mg nicotine (as 10 mg or 20 mg nicotine polacrillin (1:4)).

The **other ingredients** are:

- gum base (containing butylhydroxytoluene (E321)), acesulfame potassium (E950), polacrillin, calcium carbonate (E170), glycerol (E422), levomenthol, natural mint flavoring, mint millicaps, sucralose, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol (E420) 101,8 mg (2 mg) and 93,8 mg (4 mg) respectively, xylitol, mannitol (E421), gelatin, titanium dioxide (E171), carnauba wax and talc.

Nicotinell Peppermint medicated chewing gum is sugar free.

What Nicotinell Peppermint looks like and contents of the pack

Each piece of coated chewing-gum is off-white in colour and rectangular in shape.

The chewing-gums are packed in blisters containing 12 chewing-gums. The blisters are packed in boxes containing 12, 24, 84, 96 or 204 pieces of chewing-gum.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder

<To be completed nationally>

Manufacturer

<To be completed nationally>

This medicinal product is authorised in the Member States of the EEA under the following names:

DK	Nicotinell Icemint
FI	Nicotinell Icemint 2 mg lääkepurukumi
IS	Nicotinell Icemint 2 mg lyfjatyggigúmmí
NO	Nicotinell medisinsk tyggegummi Icemint
SE	Nicotinell Peppermint 2 mg.

This leaflet was last revised in 2025-12-15