

# NICORETTE® QuickMist®

For fast relief from cravings

## Dosing & Usage



### STEP 1: WEEKS 1-6

1 or 2 sprays for every cigarette normally smoked or when there is a craving to smoke. For most, this means 1-2 sprays every 30-60 min

Maximum dose: 2 sprays/time; 4 sprays/hr; 64 sprays/day

### STEP 2: WEEKS 7-9

Start reducing the number of sprays/day

By the end of week 9, patients should be using half the number of sprays/day as in Step 1



### STEP 3: WEEKS 10-12

Continue to reduce the number of sprays/day

By week 12, patients should be using no more than 2-4 sprays/day



### END OF WEEK 12

Stop using NICORETTE® QuickMist®