

# Nicorette QuickMist SmartTrack Mouthspray



**Category**  
Smoking Cessation  
**Manufacturer**  
JOHNSON & JOHNSON  
(McNEIL)  
**Pack size**  
1 dispenser, 2 dispensers  
**RRP**  
£22.00, £33.00  
**Legal Status**  
(GSL), (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. It is indicated in pregnant and lactating women making a quit attempt.



## Format and Ingredients

Mouthspray containing:  
  
Nicotine 1mg,



## Dosage

If using Nicorette QuickMist SmartTrack for the first time or if it has not been used for 2 days, the spray pump must be primed by pressing the top of the QuickMist with the thumb. Over 12 years of age: the patient should make every effort to stop smoking completely during treatment with Nicorette QuickMist. 1 or 2 sprays to be used when cigarettes normally would have been smoked or if cravings emerge. If after the first spray cravings are not controlled within a few minutes, a second spray should be used. If 2 sprays are required, future doses may be delivered as 2 consecutive sprays. Most smokers will require 1-2 sprays every 30 minutes to 1 hour. Up to 4 sprays per hour may be used. Do not exceed 2 sprays per dosing episode and 64 sprays (4 sprays per hour over 16 hours) in any 24-hour period. The spray should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the Nicorette QuickMist SmartTrack and as soon as they are able, reduce the number of sprays used until they have stopped completely. Smokers aiming to reduce cigarettes should use the mouthspray, 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. 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 their mouthspray are recommended to contact their pharmacist or doctor for advice. Under 12 years: not to be used.