# How To Quit Smoking With NICORETTE® QuickMist®

It’s no secret that quitting smoking is hard. Luckily, Nicorette® and Nicoderm® make it easier. In fact, you can be two times more likely to quit smoking for good when you follow the instructions. To get the full benefit of Nicorette® QuickMist®, you need to use it properly. It’s pretty simple to use and will increase your changes of quitting by almost 150% with the fast cravings relief of Nicorette® QuickMist®.

1. First, slide the black button down, push it inward, and slide your thumb up until the top of the dispenser locks into place.
2. The first time using your dispenser, you’ll have the prime the pump before spraying. So, point the nozzle away from you and keep press the top firmly until a mist appears. It’s now ready to use.
3. 3. Open your mouth and press the top of the dispenser firmly once avoiding your lips or the back of your throat. Wait a few seconds before swallowing.
4. If your cravings go away in a few minutes use a second spray.
5. When you’re done, slide the button down, push it inwards, press your thumb all the way down and release.

Use up to 2 sprays at a time up to a maximum of 64 sprays a day. Everytime you have the urge to smoke, use QuickMist® spray instead. Over time, you’ll need fewer and fewer and fewer sprays until you don’t need any at all.

Talk to your healthcare provider if you have any questions or visit nicorette.ca.

To be sure this product is right for you, always read and follow the label. To be used with willpower as part of a smoking cessation program. Controls cigarette cravings.