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The symptoms of overdose are feeling sick (nausea), vomiting, too much saliva, stomach pain, diarrhoea, sweating, headache, dizziness, changed hearing, and feeling very weak. At high doses, these symptoms may be followed by low blood pressure, weak and irregular pulse, difficulty breathing, extreme tiredness, circulatory collapse and general convulsions.

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

#### 4 POSSIBLE SIDE EFFECTS

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

Nicorette QuickMist can give the same side effects as other forms of nicotine. The side effects generally depend on the dose you take.

**Effects related to stopping smoking (nicotine withdrawal)**

Some of the unwanted effects that you experience when stopping smoking can be withdrawal symptoms due to decreases in nicotine intake.

**These effects include:**

- Irritability, aggression, impatience or frustration
- Feeling anxious, restless or having difficulty concentrating
- Night time awakening or sleep disturbance
- Increased appetite or weight gain
- Feeling low
- Urges to smoke (craving)
- Lowering of heart rate
- Bleeding gums or mouth ulcers
- Dizziness or light-headedness
- Cough, sore throat, stuffy or runny nose
- Constipation

**If you notice any of the following serious rare side effects, stop taking Nicorette QuickMist and contact a doctor immediately (signs of angioedema):**

- Swollen face, tongue or pharynx
- Difficulty to swallow
- Hives and difficulties to breath

**Very common: may affect more than 1 in 10 people:**

- Hiccups (these are particularly common)
- Headache, nausea (feeling sick)
- Throat irritation

**Common: may affect up to 1 in 10 people:**

- Local effects such as burning sensation, inflammation in the mouth, changes in taste perception
- Dry mouth or increased amounts of saliva
- Feelings of dyspepsia
- Pain or discomfort in tummy (abdomen)
- Vomiting, flatulence or diarrhoea
- Feeling tired (fatigue)
- Hypersensitivity (allergy)
- Tingling
- Cough

**Uncommon: may affect up to 1 in 100 people:**

- Effects on the nose such as stuffiness, sneezing
- Wheezing (bronchospasm), or feeling like breathing requires more effort than usual (dyspnoea), throat tightness
- Skin flushing (blushing), or increased sweating
- Oral effects such as mouth tingling, inflammation of the tongue, mouth ulcers, damage to the lining of the mouth, or changes in the sound of your voice, pain in the mouth and throat, belching, bleeding gums
- Palpitations (an unusual awareness of your heart beating), increase of heart rate, hypertension
- Rash and/or itching (pruritus, urticaria) of the skin
- Abnormal dream
- Chest discomfort and pain

- Weakness, feeling unwell
- Runny nose

**Rare: may affect up to 1 in 1,000 people:**

- Difficulty swallowing, reduced sensations in the mouth
- Retching

**Not known: frequency cannot be estimated from the available data:**

- Blurred vision, increased tear production (lacrimation)
- Dry throat, stomach discomfort, pain in the lips
- Redness of the skin
- Allergic reactions including swelling of the face and mouth (angioedema or anaphylaxis)
- Abnormal heart rhythm
- Seizure

#### Reporting of side-effects

**If you get any side side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.**

You can also report side effects directly via HPRA Pharmacovigilance, Website: [www.hpra.ie](http://www.hpra.ie);

By reporting side effects you can help provide more information on the safety of this medicine. You can also report side-effects directly in Malta via: ADR Reporting at Website: [www.medicinesauthority.gov.mt/adrportal](http://www.medicinesauthority.gov.mt/adrportal)

#### 5 HOW TO STORE NICORETTE QUICKMIST

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the dispenser after "Exp" and on the blister card after "Use before". The expiry date refers to the last day of that month.

Do not store above 30°C.

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

#### 6 CONTENTS OF THE PACK AND OTHER INFORMATION

**What Nicorette QuickMist contains**

- The active substance is nicotine. One spray delivers 1mg of nicotine.
- The other ingredients are: propylene glycol (E1520), anhydrous ethanol, trometamol, poloxamer 407, glycerol (E422), sodium hydrogen carbonate, levomenthol, mint flavour, cooling flavour, sucralose, acesulfame potassium, butylated hydroxytoluene E(321), hydrochloric acid (pH adjustment) and purified water.

**What Nicorette QuickMist looks like and contents of the pack**

Nicorette QuickMist consists of a plastic bottle of solution held in a dispenser with a mechanical spray pump. The dispenser has a child resistant feature.

Each bottle contains 13.2 ml of solution which provides approximately 150 sprays. Nicorette QuickMist is supplied in packs of either 1 or 2 dispensers. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer**

Marketing Authorisation Holder: JNTL Consumer Health I (Ireland) Ltd. Block 5, High Street, Tallaght, Dublin 24, Ireland  
Manufacturer: McNeil AB, P.O. Box 941, Norrbroplatsen 2, SE-251 09 Helsingborg, Sweden

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

Sweden	Nicorette Pepparmint
Belgium, Netherlands	Nicorette Mint Mondspray
Luxembourg	Nicorette Mint Spray Buccal
Denmark, Iceland, Ireland	Nicorette QuickMist
Austria, Germany	Nicorette Mint Spray
Czech Republic, Poland, Slovak Republic	Nicorette Spray
Bulgaria, Finland, Romania	Nicorette Freshmint
Cyprus, Greece, Hungary	Nicorette Quickspray
Estonia, Latvia, Lithuania	Nicorette Coolmint
Norway, Slovenia, Croatia	Nicorette
France	Nicorettespray
Italy	Nicorettequick
Spain, Portugal	Nicorette Bucomist

**For further information on smoking cessation please ring the national smokers quit line on 1800 201 203 or visit [www.quit.ie](http://www.quit.ie)**

This leaflet was last revised in December 2023