

Cessation Video Transcript for Nicotine Nasal Spray

Office on Smoking and Health
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention (CDC)

How to Use Nicotine Nasal Spray video

AUDIO: Music without lyrics playing through end of video.

TITLE ARTCARD - TEXT ON SCREEN:

How to Use Nicotine Nasal Spray

Nicotine nasal spray is available by prescription only.

VISUALS: Title text is in a box. Background is animated with various colored dots and nasal sprays animating behind the text box.

TEXT ON SCREEN: Begin using the nasal spray on your quit date.

VISUALS: Quit date circled on calendar.

TEXT ON SCREEN: Use as directed by your healthcare provider

VISUALS: Doctor shown holding nasal spray.

TEXT ON SCREEN: and the package instructions.

VISUALS: Spray bottle, box and instructions animate in.

TEXT ON SCREEN: Before use, blow your nose to clear it.

VISUALS: Person shown blowing nose into tissue.

TEXT ON SCREEN: Breathe through your mouth. Tilt your head back.

VISUALS: Person tilts head back, breathing through mouth

TEXT ON SCREEN: Spray once into each nostril.

VISUALS: Person moves spray up to nostril then sprays in each nostril.

TEXT ON SCREEN: Do not sniff, swallow, or breathe in while spraying.

VISUALS: Background is static multi-colored dots.

TEXT ON SCREEN: Wait at least 2 minutes to absorb the nicotine before blowing your nose.

VISUALS: Stopwatch animates

TEXT ON SCREEN: Proper use will help you avoid side effects...

VISUALS: Solid background.

TEXT ON SCREEN: and stay quit.

VISUALS: Arm enters frame with its hand in a “thumbs up” gesture.

TEXT ON SCREEN:

Talk to your healthcare provider for help using medicines to quit smoking.

For more help quitting, call 1-800-QUIT-NOW

VISUALS: Text is in a box. Background is animated with small circles and dots crossing diagonally behind the box.

TEXT ON SCREEN:

This video is a part of a collaboration with the National Cancer Institute’s Smokefree.gov Initiative.

CDC does not endorse any particular organization, product, or service.

VISUALS: Joint logo of the US Health and Human Services and the Centers for Disease Control and Prevention.