

How to Use a Nicotine Lozenge video

AUDIO: Music without lyrics playing through the end of the video.

TITLE ARTCARD - TEXT ON SCREEN: How to Use a Nicotine Lozenge

VISUALS: The title text is in a box. The background is animated with small circles (lozenges) and colored dots crossing diagonally behind the text box.

TEXT ON SCREEN: Begin using the nicotine lozenge...

VISUALS: A foil pack of nicotine lozenges rests against a book. An arm enters the frame, with the hand picking up one of the lozenges.

TEXT ON SCREEN: on your quit date.

VISUALS: The hand moves up toward a man's open mouth and drops the lozenge into the mouth.

TEXT ON SCREEN: Let the lozenge dissolve in your mouth, near your cheek and gum.

VISUALS: With his mouth closed, the man moves the lozenge between his cheek and gum inside his mouth.

TEXT ON SCREEN: Occasionally rotate the lozenge to different parts of the mouth.

VISUALS: With his mouth closed, the man moves the lozenge to the other side of his mouth.

TEXT ON SCREEN: Do not chew or swallow the lozenge.

VISUALS: With his mouth closed, the man moves the lozenge to the other side of his mouth.

TEXT ON SCREEN: Do not eat or drink for 15 minutes before or during use.

VISUALS: Various food, beverage, and flatware items make up a background graphic.

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

VISUALS: Solid background.

TEXT ON SCREEN: and stay quit.

VISUALS: An arm with its hand in a “thumbs up” gesture enters the frame.

END ARTCARD 1 – TEXT ON SCREEN:

For more help using medicines to quit smoking

Call 1-800-QUIT-NOW

Visit [CDC.gov/quit](https://www.cdc.gov/quit)

VISUALS: The text is in a box. The background is animated with small circles (lozenges) and colored dots crossing diagonally behind the text box.

END ARTCARD 2 – TEXT ON SCREEN:

This video is a part of the SmokefreeVET partnership between the Department of Veterans Affairs and the National Cancer Institute’s Smokefree.gov Initiative.

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

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