How to Use a Nicotine Lozenge video

AUDIO: Music without lyrics playing through end of video.

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

VISUALS: Title text is in a box. Background is animated with small circles (lozenges) and dots crossing diagonally behind the 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: Arm enters frame with its hand in a “thumbs up” gesture.
For more help using medicines to quit smoking
Call 1-800-QUIT-NOW
Visit CDC.gov/quit

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