

NICOVAPE® Q cartridges

Consumer Medicine Information (CMI) summary

The full CMI on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Nicovape Q?

NICOVAPE Q contains the active ingredient nicotine. NICOVAPE Q may aid in smoking cessation by replacing the nicotine you are used to getting from cigarettes and by replicating the hand-to-mouth action associated with smoking.

For more information, see Section [1. Why am I using Nicovape Q?](#) in the full CMI.

2. What should I know before I use Nicovape Q?

Do not use if you have ever had an allergic reaction to nicotine or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Nicovape Q?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Nicovape Q and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Nicovape Q?

Nicovape Q is intended for use as a replacement for cigarette smoking and for the purposes of smoking cessation. Always use Nicovape Q in consultation with your doctor or pharmacist.

More instructions can be found in Section [4. How do I use Nicovape Q?](#) in the full CMI.

5. What should I know while using Nicovape Q?

Things you should do	<ul style="list-style-type: none">Remind any doctor or pharmacist you visit if you have an overactive thyroid gland; high blood pressure or have had a stroke; serious liver or kidney disease; are a diabetic; a tumour of the adrenal glands; or you have a history of epilepsy or are taking medicine to control any fits or seizures.Check with your doctor if you are pregnant or intend to become pregnant
Things you should not do	<ul style="list-style-type: none">Do not stop using this medicine suddenly – you may experience nicotine withdrawal symptoms.Do not use this medicine if you are allergic to nicotine, or any of the ingredients listed at the end of this leaflet.Do not use this medicine if you are a non-smoker or do not have an existing nicotine dependence.
Driving or using machines	<ul style="list-style-type: none">Be careful before you drive or use any machines or tools until you know how Nicovape Q affects you. Nicovape Q may cause dizziness in some people.
Looking after your medicine	<ul style="list-style-type: none">Keep Nicovape Q cartridges sealed in the blister pack until needed and store in a cool dry place where temperature stays below 24°C and store away from moisture, heat or sunlight.Store Nicovape Q cartridges where young children and pets cannot reach them.

For more information, see Section [5. What should I know while using Nicovape Q?](#) in the full CMI.

6. Are there any side effects?

If you smoke or use any other nicotine containing product while you are using NICOVAPE Q, you may suffer an overdose of nicotine. However, if used correctly, nicotine overdose is unlikely. A large overdose may present symptoms such as exhaustion, convulsions, low blood pressure, circulatory collapse and breathing difficulty. In this event, you should immediately phone the Poisons Information Centre (by calling 13 11 26), or contact your doctor, or go to the Emergency Department at your nearest hospital.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

NICOVAPE® Q cartridges

Active ingredient: *Nicotine lactate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Nicovape Q. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Nicovape Q.**

Where to find information in this leaflet:

- [1. Why am I using Nicovape Q?](#)
- [2. What should I know before I use Nicovape Q?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Nicovape Q?](#)
- [5. What should I know while using Nicovape Q?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Nicovape Q?

Nicovape Q contains the active ingredient nicotine.

Nicovape Q is a nicotine vaping product (NVP) which may aid in smoking cessation by replacing the nicotine you are used to getting from cigarettes and by replicating the hand-to-mouth action associated with smoking.

Nicovape Q may aid in smoking cessation.

Nicovape Q cartridges contain a dilute nicotine liquid. When used in conjunction with the Nicovape Q device the liquid is vaporised for inhalation which replaces the nicotine you would otherwise get from smoking.

The device and the cartridge when used together are referred to as the Nicovape Q System.

Using the Nicovape Q System provides nicotine to relieve some of the unpleasant symptoms such as feeling ill or irritable that smokers often feel when they try to give up. The nicotine can also reduce your cravings for a cigarette and help you to resist the urge to smoke.

This type of treatment is called Inhaled Nicotine Replacement Therapy (INRT).

2. What should I know before I use Nicovape Q?

Warnings

Do not use Nicovape Q if:

- you are allergic to nicotine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- you do not have an existing nicotine dependence.

Check with your doctor if you:

- have an uncontrolled, overactive thyroid gland. Nicotine may make your symptoms worse.
- have heart or circulation problems including heart failure or stable angina or high blood pressure or have had a stroke. **If you are in hospital because of a heart attack, severe heart rhythm disturbances or a stroke, you should try to quit smoking without using INRT unless your doctor tells you to use it.** Once you are discharged from hospital, you may use INRT in consultation with your doctor.
- have any serious liver or kidney disease. You may be more prone to side effects.
- are a diabetic. If you have diabetes you should monitor your blood sugar levels more often than usual when starting Nicovape Q as you may find your insulin or other medication requirements alter.
- have been diagnosed as having a tumour of the adrenal glands (phaeochromocytoma). Nicotine may make your symptoms worse.
- have a history of epilepsy or are taking medicine to control any fits or seizures.

- have stomach or duodenal ulcers or an inflamed oesophagus or gullet (the passage between the mouth and the stomach) because INRT can make your symptoms worse.

If you have not told your doctor or pharmacist about any of the above, tell them before you use Nicovape Q.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. [Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Smoking during pregnancy has risks such as poor growth of your baby before birth, premature birth or still-birth. Stopping smoking is the best way to improve both your health and that of your baby. The earlier you stop smoking, the better.

Ideally, if you are pregnant, you should stop smoking without using INRT. However, if you have tried and this hasn't worked, your doctor may recommend you use INRT to help you stop smoking. This is because it is better for your developing baby than if you carry on smoking. The decision to use INRT should be made as early on in your pregnancy as possible and you should aim to use it for only 2-3 months. Remember, the most important thing is to stop smoking. You should only use INRT if your doctor has told you to.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Tobacco smoke causes breathing difficulties and other problems in babies and children. Ideally, if you are breastfeeding, you should try to stop smoking without using INRT.

Nicovape Q should not be used while breastfeeding. You should use NRT products that are taken intermittently (e.g. gum or lozenges) and breastfeed just before you take the product. This helps your baby to get the smallest amount of nicotine possible.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Nicovape Q and affect how it works. Other medicines may be affected by Nicovape Q or affect how well Nicovape Q works. Your pharmacist or doctor can advise you what to do if you are using any of these medicines.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Nicovape Q.

4. How do I use Nicovape Q?

How much to take / use

- Follow all directions given to you by your doctor or pharmacist carefully.**
- These directions may differ from the information contained in this leaflet.
- If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**
- Use the Nicovape Q System when you feel the urge to smoke. It should be used as a direct alternative for smoking.
- Follow the instructions provided and use Nicovape Q until your doctor tells you to stop.

When to take / use Nicovape Q

Nicovape Q should be used when you feel the urge to smoke. It should be used as a direct alternative for smoking.

How to use Nicovape Q

1. Remove the coloured safety cap and mouthpiece plug from the cartridge.
2. Insert the cartridge into the top of the Nicovape Q device. It will secure itself automatically via the magnets.
3. For the best experience, prior to first using the Nicovape Q device, ensure the device is fully charged by using the USB-C charger provided.
4. The light ring around your charge port will indicate your device's current charge level.
5. The Nicovape Q device is simple and familiar to use. It requires no buttons to turn on/off and activates only when you draw through the mouthpiece.
6. To start, place the mouthpiece between your lips about halfway along the mouthpiece. Ensure that the device is angled downwards during use.
7. Draw firmly for 2 to 3 seconds. Aim to draw enough air through the device to fill your mouth. Then immediately inhale deeply and then exhale slowly. It's not unusual to cough when you first start, but this will ease with continued use.
7. Wait at least 20 seconds before your next draw. This will allow the device to reset for the next puff and will enable you to see if your cravings have been satisfied.
8. Note – a flashing white light ring means your cartridge may be empty, or there may be a connection error. Try removing the cartridge and re-inserting or replace with a new cartridge if it appears to be empty.

For further information about using the Nicovape Q device, please consult the User Guide provided with the device.

If you forget to use Nicovape Q

Nicovape Q is intended for use as a replacement for cigarette smoking and for the purposes of smoking cessation. Always use Nicovape Q in line with the directions of your doctor or pharmacist.

If you stop using Nicovape Q suddenly, you may experience symptoms of nicotine withdrawal. Common symptoms of nicotine withdrawal include:

- Feeling tense and irritable
- Depression
- Appetite changes
- Constipation and gas
- Insomnia
- Difficulty concentrating
- Cough and cold-like symptoms

If you use too much Nicovape Q

If you think that you have used too much Nicovape Q, you may need urgent medical attention.

If you smoke or use any other nicotine containing product while you are using the Nicovape Q System, you may suffer an overdose of nicotine. However, if used correctly, nicotine overdose is unlikely.

Symptoms of nicotine overdose include:

- Headache
- Dizziness
- Stomach upset
- Drooling
- Vomiting
- Diarrhoea
- Cold sweat
- Blurred vision
- Hearing distortion
- Confusion
- Weakness
- Fainting
- Pale skin
- Tremor

If it is a large overdose, there may be exhaustion, convulsions, low blood pressure, circulatory collapse and breathing difficulty.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

WARNING – children are more likely to be affected by nicotine and it could cause severe toxicity which may be fatal.

In the event of a child playing with a new or used cartridge contact a doctor or the Poisons Information Centre (telephone 13 11 26) immediately.

5. What should I know while using Nicovape Q?

Things you should not do

- Do not use Nicovape Q if you are allergic to nicotine or any of the ingredients listed at the end of this leaflet.
- Do not use Nicovape Q if you do not have an existing nicotine dependence.
- Do not use Nicovape Q to treat any other complaint unless your doctor or pharmacist says it is safe. This medicine is for the named patient for whom it is prescribed only.
- Do not give this medicine to anyone else even if they have the same symptoms as you.

It is discouraged to use Nicovape Q in conjunction with combustible cigarette smoking. Nicovape Q is intended to support smoking cessation by replacing cigarettes. Dual-use is discouraged.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Nicovape Q affects you.

Nicovape Q may cause dizziness in some people. See: [if you use too much Nicovape Q](#).

Looking after your medicine

Keep the Nicovape Q cartridges sealed in the blister pack until needed and store in a cool dry place where the temperature stays below 24°C.

Store away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children and pets cannot reach it. (new and used Nicovape Q cartridges contain nicotine, which can be harmful).

When to discard your medicine

Do not use this medicine after the expiry date (EXP.) printed on the pack. If you use it after the expiry date has passed, it may not work as well.

Do not use if the packaging is torn, shows signs of tampering or if the blister pack is damaged.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

NVPs have the potential to aid with smoking cessation efforts but they may have unwanted side effects in a few people. All medicines can have side effects. Sometimes

they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Stopping smoking itself can cause some symptoms such as dizziness, headache, sleep disturbance, cough and cold-like symptoms. Symptoms such as depression, irritability, anxiety and insomnia may also be related to withdrawal symptoms associated with giving up smoking. You may also get more mouth ulcers than usual.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Do not be alarmed by the following list of side effects. You may not experience any of them.

Less serious side effects

- Nausea
- Stomach upsets
- Vomiting
- Diarrhoea
- Dizziness
- Headache
- Dry mouth
- Indigestion
- Constipation
- Sleep disturbances
- Tremors
- Nervousness
- Tiredness or weakness
- Increased sweating
- Joint and muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- Initiation cough – *Short duration coughing after initial usage of Nicovape Q. Usually resolves with continued use.*

What to do

Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.

Serious side effects

- Fast or very irregular heartbeat
- Swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing. You may have a serious allergic reaction to the medicine

What to do

Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Nicovape Q contains

Active ingredient (main ingredient) Nicotine lactate, equivalent to nicotine 59mg/ml (88.5mg total nicotine per cartridge)

Other ingredients (inactive ingredients) Propylene glycol
Vegetable glycerin
Flavours

Do not take this medicine if you are allergic to any of these ingredients.

Note – All Nicovape Q liquids are derived from highest quality raw materials and are subjected to a rigid quality verification process prior to formulation. All of our flavours have undergone an Inhalation Toxicological Risk Assessment.

What Nicovape Q looks like

Nicovape Q cartridges are available in three (3) flavours:

- Cherry
- Classic
- Coolmint

and,

Nicovape Q cartridges are available in one (1) strength:

- 59mg/mL (88.5mg total nicotine per cartridge)

Nicovape Q cartridges are available in packs containing two (2) cartridges.

Nicovape Q is not a registered medicine on the Australian Register of Therapeutic Goods (ARTG). NVPs have not been approved as smoking cessation aids in Australia. These products are considered to be 'unapproved' therapeutic goods and the Therapeutic Goods Administration (TGA) has not evaluated them for quality, safety and effectiveness.

NVPs are not first-line treatments for smoking cessation. However, for people who have tried to achieve smoking cessation with approved pharmacotherapies but failed, and who are still motivated to quit smoking and have discussed NVP usage with their healthcare practitioner, NVPs may be a reasonable intervention to recommend. This needs to be preceded by an evidence-informed shared decision-making process, whereby the patient is aware of the following:

- there are no NVPs approved for the ARTG
- the long-term health effects of vaping are unknown
- possession of nicotine-containing e-liquid without a prescription is illegal
- in order to maximise possible benefit and minimise risk of harms, only short-term use is recommended
- dual use (i.e., with continued tobacco smoking) should be avoided.

Mandatory product warnings

- KEEP OUT OF REACH OF CHILDREN
- Avoid contact with eyes
- Avoid contact with skin

Who distributes Nicovape Q

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This leaflet was prepared in August 2021.

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