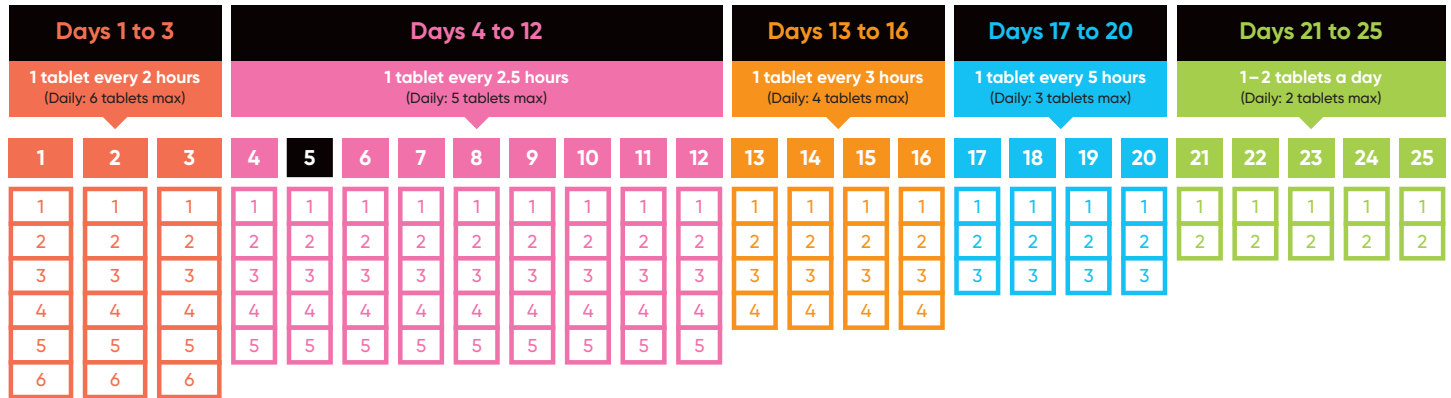


## How to use Cytisine

- One pack of Cytisine (**100 tablets**) is **enough for a complete quit attempt**.
- The duration of treatment is **25 days**.
- Cytisine is for **oral use** and it should be taken with water according to the schedule below.
- You can tick the chart as each day of your quit attempt is reached. **Your quit date (last cigarette) should be no later than on the 5th day of treatment**. Smoking should not be continued during treatment as this may make bad reactions worse.
- When you awake in the morning, take the required dose of cytisine and then **set a timer/reminder** on your phone for when the **next dose is due**.



## If you use more Cytisine than you should

- Symptoms of nicotine intoxication can be a consequence of Cytisine overdose.
- Symptoms of overdose include feeling generally unwell, nausea, vomiting, increased heart rate, fluctuations in blood pressure, breathing problems, blurred vision, convulsions.
- **If you have any of these symptoms, stop taking Cytisine and contact your doctor or pharmacist.**

## If you forget to use Cytisine

Do not take a double dose to make up for a forgotten dose.

## If your quit attempt doesn't work out this time

In case of treatment failure (continued smoking), Cytisine should be discontinued and may be resumed after two to three months when you can make another serious quit attempt.