

NICOTINE POUCHES

WHAT YOU NEED TO KNOW

What is it?

Nicotine is a stimulant

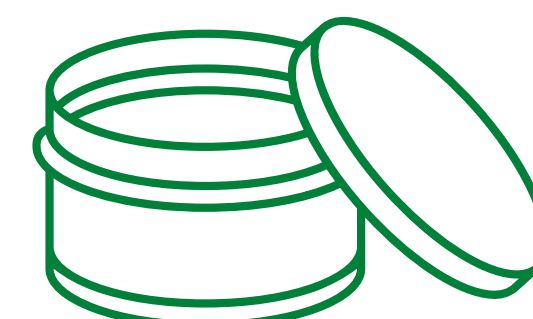
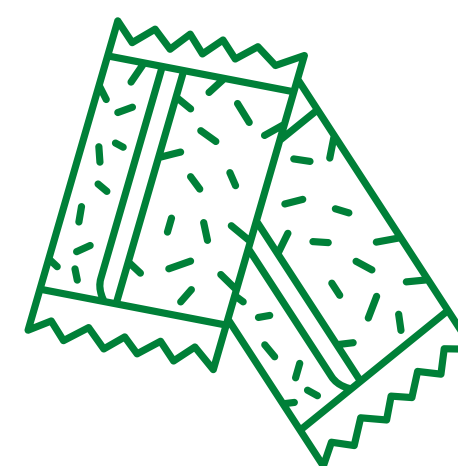


Nicotine speeds up the messages that are sent between the brain and body. It is rapidly absorbed through the bloodstream. It provides a fast relaxing effect, but is **highly addictive**. Regular use can lead to dependence. Nicotine pouches should only be used to help people quit smoking.

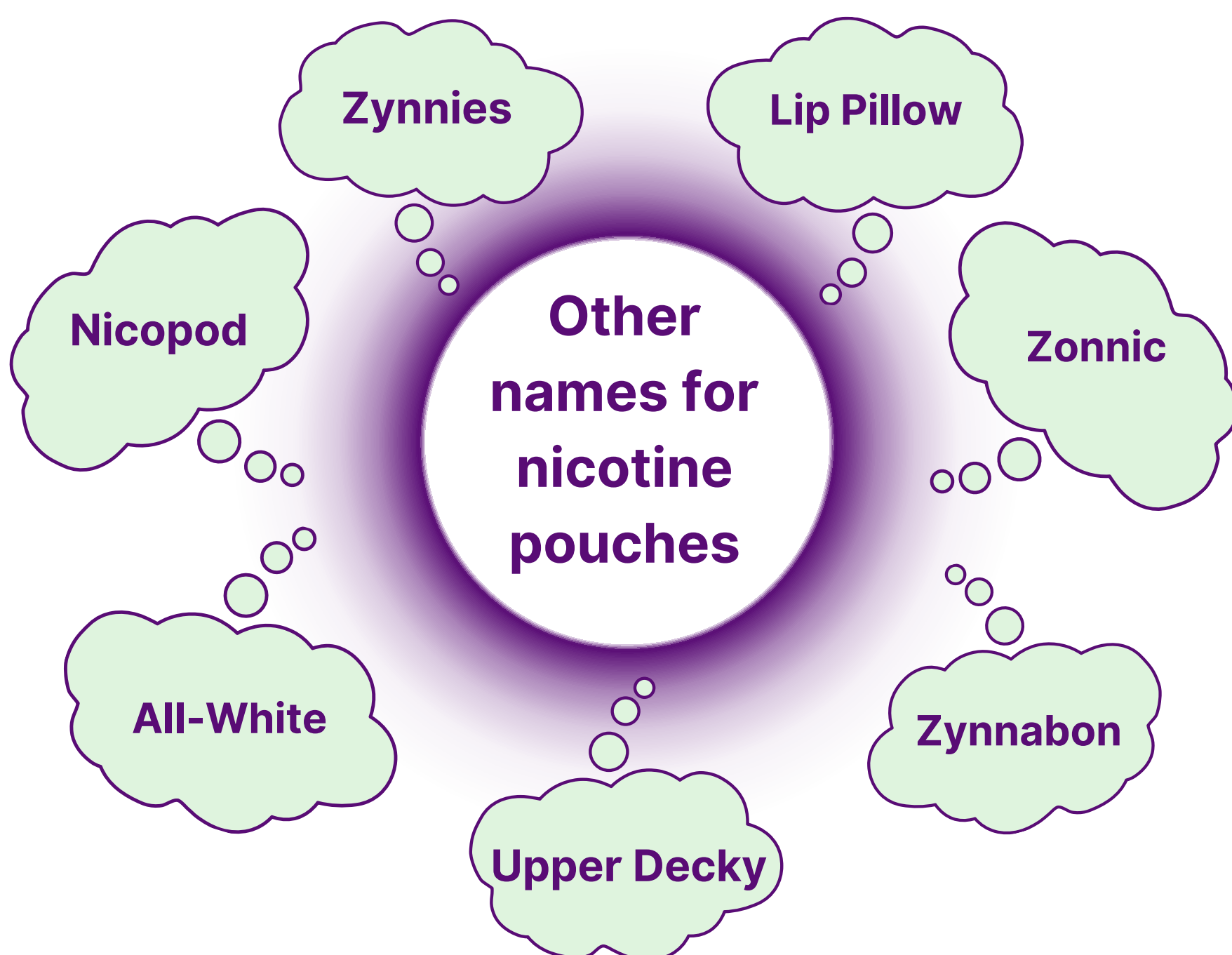
How is it used?

Nicotine pouches are placed in the mouth under the upper or lower lip between the gum and the cheek.

Nicotine is absorbed by the mouth and goes directly into the bloodstream.



Other names for nicotine pouches



What are the effects?



In the short term, nicotine can cause dizziness, headaches, and nausea.



Nicotine use can effect cognitive functioning and brain development in youth.



Nicotine may also induce feelings of faintness and a "head rush" leading to anxiety.



Nicotine use is associated with increased rates of cardiovascular problems.



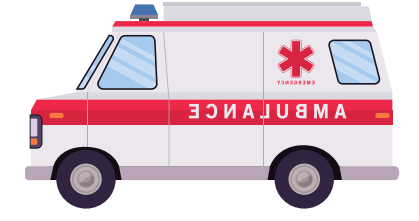
Nicotine pouches can cause mouth irritation and gum damage.



The long-term effects are not yet clear but could include mouth cancer and nicotine addiction.

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When do you seek emergency help?



Nicotine Overdose or Poisoning: Consuming a toxic level of nicotine can lead to overdose or poisoning, with the threshold varying among individuals.

Early Signs: Symptoms may include nausea, vomiting, and a rapid heart rate, which can progress to seizures.

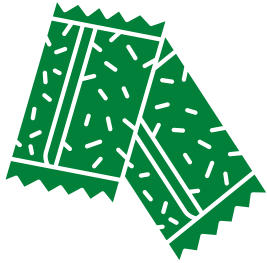
Later Symptoms: Over time, heart rate may slow, causing dizziness due to low blood pressure. Muscle weakness, breathing difficulties, and loss of consciousness are late-stage indicators.

Seek Immediate Help: Nicotine poisoning can be fatal; seek medical attention promptly.

Did you know?

Nicotine pouches are authorized only to help adults quit smoking.

They should not be used recreationally, by nonsmokers, or by people under the age of 18.



How to stay safer

- 1 **Prioritize Nicotine-Free:** Not using nicotine is the safest choice, though it may not be feasible for everyone.
- 2 **Avoid mixing nicotine with medications:** Nicotine can alter the effectiveness of medications.
- 3 **Original containers:** Store nicotine products in their original containers to reduce the risk of accidental consumption.
- 4 **Opt for lower concentrations:** Choose nicotine products with lower nicotine concentrations to minimize the risk of overdosing or dependency.
- 5 **Purchase authorized products:** Only purchase products with an 8-digit NPN number and from a pharmacy. Unregulated products may contain harmful contaminants or excessive nicotine.
- 6 **Know the resources available.** Quitting nicotine is beneficial for your health. Learn more about quitting from the [Smokers Helpline](https://www.smokershelpline.ca) at 1 866 366-3667

Legal access

In Canada, nicotine pouches can only be legally purchased from pharmacies. They are only available in mint flavour.

Nicotine pouches purchased from any other source are unregulated. These products may contain dangerously high levels of nicotine as well as other harmful contaminants.

For more information visit us at:
www.DECYDE.ca

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. Benowitz, N. L., & Henningfield, J. E. (2013). Reducing the nicotine content to make cigarettes less addictive. *Tobacco control*, 22(Suppl 1), i14–i17. <https://doi.org/10.1136/tobaccocontrol-2012-050860>.
2. Rodenburg, M. (2024). Nicotine pouches are growing in popularity: Are they safe? John Hopkins University. Retrieved April 11 2024, from <https://hub.jhu.edu/2024/03/08/zyn-nicotine-pouch-tory-spindle/>.
3. Mallock N, Schulz T, Malke S, et al. Levels of nicotine and tobacco-specific nitrosamines in oral nicotine pouches. *Tobacco Control*. Retrieved April 16, from <https://tobaccocontrol.bmj.com/content/early/2022/08/05/tc-2022-057280>.
4. Barbuto, A. F. (2022). Nicotine poisoning (e-cigarettes, tobacco products, plants, and pesticides). *UpToDate*. Retrieved July 19 2023, from https://www.uptodate.com/contents/nicotine-poisoning-e-cigarettes-tobacco-products-plants-and-pesticides?search=nicotine%20poisoning&source=search_result&selectedTitle=1~15&usage_type=default&display_rank=1.
5. Health Canada. (2024). Only use authorized nicotine pouches as directed, and do not use unauthorized nicotine pouches. Retrieved April 16 2024, from <https://recalls-rappels.canada.ca/en/alert-recall/only-use-authorized-nicotine-pouches-directed-and-do-not-use-unauthorized-nicotine>.
6. The Lung Association of Saskatchewan. (2024). Federal government implements new regulations to protect Canadian youth from nicotine pouches. <https://www.lungsask.ca/news/2024-08/federal-government-implements-new-regulations-protect-canadian-youth-nicotine-pouches>



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