

Who can use the Voke inhalator?

Current smokers (to prevent nicotine withdrawal and as a safer alternative to smoking)

Former smokers (to prevent returning to smoking)

We would not encourage people who have never smoked to use the Voke.

What is a Voke inhalator?

It looks like a plastic cigarette. (It is not an e-cigarette). It is a type of medicine called nicotine replacement therapy (NRT). It can be prescribed by a doctor or bought at a pharmacy

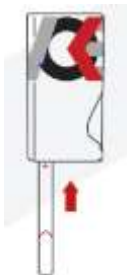
How do I use it?

To fill up the inhalator - press down on the red side panel to open and remove the Voke stick. Hold the pack upright and away from you. Remove the round silver foil and insert the arrowed end of the stick into the base of the pack and push firmly for 5 seconds. You hear a hissing noise as the stick fills up. This is referred to as 'charging'. Do this twice the first time it's used. Also shake the stick a few times.



Inhale through the filter end of the stick as you would with a cigarette and make sure you don't cover the air inlet holes at the filter end of the stick. Take a short, sharp puff and exhale – you may feel an initial wet sensation in your mouth as the nicotine solution is inhaled.

A fully filled (charged) stick will last approx. 6-8 puffs. With the first few puffs, you might exhale a fine mist.



Put the Voke stick back in the pack when not in use.

How is the stick refilled?

Only refill it if it's going to be used straight away.

Insert the arrowed end of the stick into the base of the pack and push firmly for 5 seconds.

If the Voke has not been used for more than two days, even if it was full up – it will need the 5 second 'charge'.

The stick can be filled 20 times. After that it will be drained and you can throw it in the bin.



← Inhale this end

How often and how much should I used?

One pack of Voke a day (20 refills) may satisfy a 10-a-day smoker.

Two packs a day (40 refills) may satisfy a 20-a-day smoker. If you usually smoke more, then speak with the staff.

What side effects might they cause?

Similar to other oral nicotine replacements like lozenges and mouth spray, you might get hiccups or a sore mouth. Too much nicotine will make you feel sick.

Safety tips: To prevent infection, don't share the Voke with anyone. Throw away the stick and pack safely so that someone else doesn't pick it up.