

How to Use Nicotine Nasal Spray video

AUDIO: Music without lyrics playing through the end of the video.

TITLE ARTCARD - TEXT ON SCREEN:

How to Use Nicotine Nasal Spray

Nicotine nasal spray is available by prescription only.

VISUALS: The title text is in a box. The background is animated with various nasal sprays and colored dots crossing diagonally behind the text box.

TEXT ON SCREEN: Begin using the nasal spray on your quit date.

VISUALS: Quit date circled on a calendar.

TEXT ON SCREEN: Use as directed by your healthcare provider

VISUALS: Doctor shown holding nasal spray.

TEXT ON SCREEN: and the package instructions.

VISUALS: Spray bottle, box, and instructions animate in.

TEXT ON SCREEN: Before use, blow your nose to clear it.

VISUALS: Person shown blowing their nose into a tissue.

TEXT ON SCREEN: Breathe through your mouth. Tilt your head back.

VISUALS: Person tilts head back, breathing through mouth.

TEXT ON SCREEN: Spray once into each nostril.

VISUALS: Person moves spray up to nostril, then sprays in each nostril.

TEXT ON SCREEN: Do not sniff, swallow, or breathe in while spraying.

VISUALS: Background is static colored dots.

TEXT ON SCREEN: Wait at least 2 minutes to absorb the nicotine before blowing your nose.

VISUALS: Stopwatch animates.

TEXT ON SCREEN: Proper use will help you avoid side effects...

VISUALS: Solid background.

TEXT ON SCREEN: and stay quit.

VISUALS: An arm with its hand in a “thumbs up” gesture enters the frame.

TEXT ON SCREEN:

Talk to your healthcare provider for help using medicines to quit smoking.

For more help quitting, call 1-800-QUIT-NOW

VISUALS: The text is in a box. The background is animated with various nasal sprays and colored dots crossing diagonally behind the text box.

TEXT ON SCREEN:

This video is a part of a collaboration with the National Cancer Institute’s Smokefree.gov Initiative.

CDC does not endorse any particular organization, product, or service.

VISUALS: Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention.