



瑪麗醫院  
Queen Mary Hospital

# 尼古丁香口珠補充劑 使用資訊

Nicotine  
Replacement  
Therapy-Gum  
Information  
Sheet



**無煙新天地**  
Smoking Counselling & Cessation Centre



Department of Family Medicine & Primary Healthcare (HKWC)  
家庭醫學及基層醫療部 (港島西聯網)

## 使用方法：

咀嚼香口珠  
補充劑

當香口珠  
味道轉濃

持續咀嚼  
約30分鐘

保留在牙肉與  
面頰之間



## 注意事項：



應全面停止吸煙



可多飲清水



每天不可多過 24 塊

使用香口珠前後十五分鐘，應避免飲酸性飲料，例如：咖啡、果汁、汽水



**若有疑問，可於星期一至五 上午九時至  
下午五時致電 查詢：**

<b>中西區</b>	
西營盤賽馬會普通科門診診所	2859 8203
中區健康院普通科門診診所	2545 1485
堅尼地城賽馬會普通科門診診所	2817 3215
風險評估及治理診所	2589 2465
護理及專職診所	2589 2490
東華醫院普通科門診診所	2589 8518
<b>南區</b>	
香港仔賽馬會普通科門診診所	2555 0381
鴨脷洲普通科門診診所	2518 5610
風險評估及治理診所	2518 3250
瑪麗醫院專科大樓6樓	22554186

**Method to use:**

**chew  
1 piece  
gum slowly**

**until taste  
becomes  
strong**

**repeat chewing  
for about  
30 mins**

**rest the piece of  
gum between  
gum & cheek**



## Points to remember:



**Should stop smoking completely**



**Plain fluid intake is advised**



**Do not use more than 24 pieces in a day**

Avoid **acidic beverage** such as coffee, soft drink, fruit juice **before and after 15 minutes**, as this will affect the absorption of nicotine.



*For any enquiries, please feel free to contact us on Monday to Friday 9am to 5pm*

<b>Central &amp; Western District</b>	
Sai Ying Pun Jockey Club GOPC	2859 8203
Central District Health Centre GOPC	2545 1485
Kennedy Town Jockey Club GOPC	2817 3215
Risk Assessment Management Clinic	2589 2465
Nurse & Allied Health Clinic	2589 2490
Tung Wah Hospital GOPC	2589 8518
<b>Southern District</b>	
Aberdeen Jockey Club GOPC	2555 0381
Ap Lei Chau GOPC	2518 5610
Risk Assessment & Management Clinic	2518 3250
Queen Mary Hospital Specialist Clinic S6	22554186




Should you have any queries, please contact your Health Care Provider.

Information provided by Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster

如有任何查詢，請聯絡醫護人員

以上資料由港島西聯網家庭醫學及基層醫療部提供

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